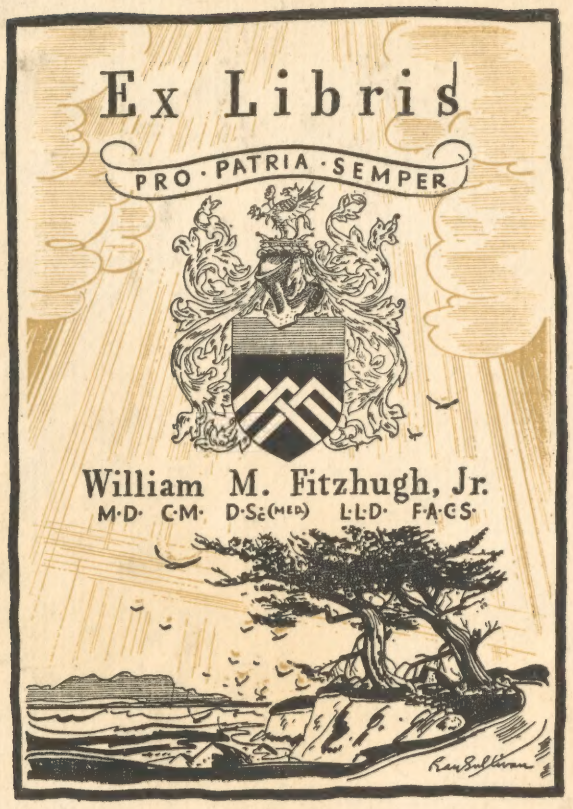

Mrs Walleys Receipt for Brewing ale

Ale to Brew? When ye Water begins to Boyl lade it into ye Mash fat & after put in ye Malt & Stir it well wth ye Mash Rule leaving it a thick Mash, coverd close wth Dry Malt. Let it Stand 3 or 4 hours before ye let it run off then let it pass Gently if you'll have it Strong. When 'tis off Leech on more Boyling water as much as will keep ye fat Running 'till ye Quantity be gatherd. Which if ye Malt be good, may be 26 Gallons from 4 Strike of Malt. Boyle ye Hops in the Wort

Hops. — about an hour on a Gentle fire. I use half a p^d to a Barrel of ale more or less as ye hops are good or bad. Do not Stir ye Mash till ye Ale is Run off then leech on the Rest of ye hot water & then cold for Small Beer. Take a bout 2 quarts of ye liquor before it is Boyld & Set it to cool, In ye put ye Yest to Rise in a Wooden Vessell. When you have Strain'd it off from ye Copper Set ye liquor a broad thin to Cool, When 'tis cold put ye liquor wth yest in by Small quantitys at a time, for if much it will kill ye Head, Don't work it hot. After 2 days working in ye fat it

Tuning — will take long Rises betwixt time of beating in. Tun it while on ye ferment & begins to Settle all Sweetness worked off & has a flavor. If it falls in ye fat it will never Spurge, & then it will be flat till ye bottle quicken it. If you hit it Right Bottle ale will be laid aside. And you'll Brew for ye own Drinking once in 3 Weeks

Remember to keep it warm in Winter & Cool in Sumer In the Fat

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To Cure Ale or Beer grown Sour.

First draw off 2 Gallons, or more of ye Sour Ale or Bear, Then boil a handful of Hops or more (according to ye quantity of liquor) in it. The same quantity of New wort would be better if you can get it. After you have boild it till the virtue of the Hops be got out put all together into ye Vessel of Sour Drink, let it Stand open 2 Days or 2 last it work again; sometimes it will & sometimes not. Then let it stand a week or a fortnight, as you see good before you draw it.

To make the Oringe Pudding

Take the rigne of a Small orringe, peared very thinn, and boyled, in Severall, waters, and beaten, very fine, in a morter, then putt to itt foure ounces, of fine Sugar, and foure ounces of fresh butter, and the yolkes, of Six eggs, and a Little Salt, beaten togeather in the morter, till the Ouen heates, and Soe butter, a dish, and bake itt, but not to mutch, Strew Suger on itt, and Soe Searue itt to the table, bake itt in puff past

To make Cakes, with oyle, for Lent

Take ye flower, and mingle itt with currants, cinnamon, and nuttmegg, then Lett ye water, be Seething hott, and being Soe hott, putt in ye oyle, and Some, Sugar, and beate itt well togeather, then worke, upp ye cakes with itt, and Some good Ale yeast

To make a Chickin Pye

Take the Chickins, if they be not very younge, cutt them in foure quarters, one Sweete bread Sliced, the Longe waye, that it maye be thin, and the peeces, nott to bigg, one Sheepes tongue, a Little more then parboyld, and the Skinn pooled off, and the tongue, cutt in Slices two, or three Slices of Veale, as mutch of mutton, cutt in peeces, good Store of marrow, for Seassining, take as mutch pepper, and Salt, as you thinke fitt, to Soason itt Lightly, good Store of Sweett Marjorum, a Little thyme, and Lemon peele fine Sliced, Large mace, will doe well, in this pye, then take a Little peece of Veale parboyld, and Sliced very fine, as mutch marrow as meate, Stirr, amongst itt, then take grated bread, as mutch as a quarter of the meate, four yolkes of eggs, or more, according to the Stuffe you make, Season itt, with Salt, butt not to Salt, nutt megg, as mutch, as will Season itt, Sweett marjorum, pretty Store very Small Shredd, worke itt upp with a Little, Sweett creame, Soe mutch as will make itt upp in pudding, Some Longe, Some rounde, and putt as many of them in ye pye, as you please putt there into, or three Spoon fulls, of gravy of mutton, or Soe mutch Strong mutton broth before you putt it into the ouen, the bottome, of boyled hartychokes minced, marrow ouer and in the bottome of the pye, after the pye is baked, when you Sarue itt upp, have five yolkes of eggs minced, and the Juice of two, or three, orringes, the meate of one Lemon, cutt in peeces, a Little white and clarrett wine, putt this in ye pye, being well mingled, and Shaked very well to geather

To make a Hashe, of Caulfes head

Take the caufes head, and parrboyle itt, then cutt the meate off the boanes, you maye take the boanes, and breake them in peeces, and Stue them in broath, out of the pott, then Straine, the broath, through a cullender, and putt wine in ye Liquor, then take the meate and Liquor, and putt itt into a Steve pann, with a Little cloues, and mace, whole pepper then take Sweett hearbes, and Shredd them, and when you thinke, the head hatte Stewed putt the hearbes inn, take Some of the meate before itt be Stued, and Shredd itt, with oysters, Sweete hearbes, most Sage, Season itt well with Spice, and worke itt upp with eggs, and roule itt with flower, and frye itt, with Sweete butter, and Soe garnish ye dish, with itt, you may add to itt bacon Sliced, and fryed

To make a Frigasie of Lambe - - - - -

Take a hinde quarter of Lambe, and take the fatt off the kidnes, and then Slice the Lambe, in thin Slices, then take the Legg, and oppen itt on the back Side, and take out the flesh, and Shred itt very Smalle, with Some oysters, beefe Suett or marrow, or both, with Some cloues, mace, nuttmeggs, and a Little orrange pill, Shredd, very Small, Season ye meate, then take a Little Sweete marjorum, time, winter Sauory, pennyriall, and Sage, Shred all to geather very Smalle, mingle ye meate, and hearbes to geather, with two, or three eggs, and putt it into the Legg and Sowe itt upp, close, then take a quart of white wine, with Some Liquor out of the pott, and putt the Legg in, and when itt is halfe boyled, putt in the Shred meate, with the Same hearbes, and Spice, and Steeve itt, untill you thinke itt be Sufficient, then take the yolkes of three eggs, two anchouis, beate them to geather, with Some of the Liquor, when you putt ye eggs in keepe itt Stirring whist it thickens, and then Searue itt upp, if you please you may make balls, and Sawsiges with Some of the Shredd meate, and frye them with Sweete butter - - - - - - - - - -

To Steeve a rump of Beefe - - - - -

Take a rump of beefe, couer itt with Salt, Lett itt Lye two or three dayes, then take per Seley, Sorrill, Leekes, thyme, the younge, Springes of wortes, and mary gold Leaues, a Little borrage, rosmary topps, mince all these with a pound of fresh beefe Sewett, you must not mince them to Small, then Season the hearbes, with peper and Salt, and wine uinegar, then Stuffe ye beefe with these hearbes, then putt itt in a pott, and Strowe halfe an ounce of pepper uppon, and in the pott, putt noe more water, then will couer, the bottome of itt, then putt a Leed uppon itt, and Stopp it close, Sett itt ouer a uery gentle fiar, and keepe itt Stewing fiue or Six, howers, uery gently, att the Least, and when itt is halfe Stewed, putt into it halfe a pinte of white wine uineger, good Store of Leekes, Small Springes, of wortes, a few marygold leaues, and Some topps of rosmary, a Little perseley, if you thinke ye uiniger, be to Sharpe, putt in Soe mutch white wine, insteed there of, and when itt is Soeten dar, as you can thrust a Strawe throw; then Send itt up, with the Liquor and hearbes, round about itt - - -

How to Bake a Sperribb, of Porke - - - - -

Take ye Sperribb, and bone itt, then beate itt, and blood itt uery well, with the blood of any poultrie, that you haue occasion to kill, then Season itt with the Same, Seasoning, that you Season, ueneson, adding a Little white wine uineger, you may make ye pastie, with, or without Sewett, if you doe itt with out Sewett, you must add to itt Som grauey, and a Little claret wine - - -

How to make a Frickacey, of Rabbetts, or Chicken,

Take ye rabbitts, or Chickens, and cutt them in Small peeces, then worke them upp, in the yeolkes, of two, or three eggs, and Season, them with pepper, Salt, and a Little grated nutt megg, and Sweet hearbes, mince them, frye them with a gentle fiar, turning them often, then when they are fryed enough, make ye Sauce in the pann, with grauey, anchouis, oysters, and oyster Liquor, a bundle of Sweet hearbes, an oynion or two, Stewed in it, and the yeolkes of two or three eggs, beate with a Little wine uinegar, Shake all this, ingredience to geather in ye pann, till they are of a Competent thicknes, then dish it up, and Soe Searue itt - -

How to make Forst meate - - - - -

Take ueale, or Lambe, and a Little beefe Sewett, and mince it uery Small, then putt to itt

To it, anchouis, oysters, and the yeolkes of eggs, boyled harde, and Sweet hearbes minced, Small, putt all these in itt, Season itt with pepper, Salt, and mace, beaten, and a little Saffron powder, and the yeolke of an egg, then worke itt upp in Small balls, you must Sett them in the ouer, a Little, to harden them, and then you maye Steve them, if you will, or take them enoughe, you maye use them, in a pottage, or boyled meate, or fricesey, or any thing of that nature, you maye putt to itt a Little fatt bacon, that is not rusty, and mince it Small with ye meate.

A receipt, how to Pickle Mushreums

When you haue gathered ye musherums, you must picke them uery cleare, and throw them into a pann, of faire water, and wash them uery cleare, then Sett a Steve pan of faire water, ouer the fiar, and throw a hand full of Salt in itt, and make itt boyle, then throw in ye musherewmes, and Sett them boyle about halfe a quarter, of an hower, then take them off, and Sett them Stand, in that Liquor till they are cold, then take them out, and putt them into a glass, and putt to them for ye pickle, Some whit wine, and Some whit wine uiniger, but putt as mutch more, whit wine, as uineger. then Some cloues, and mace, ginger, and Jamaica pepper, and Salt, then tye them upp close with Some Leather, butt be Sure you keepe ye glass full of Liquor, or elce they will be apt to mother, and by Soe doing you maye keepe them all, the yeare round.

How to Stew musherums, when they are gathered

You must gather the Largest musherums you can gett, take them, pile and wash them uery cleare, then Sett them ouer the fier, with Some faire water, and Salt, Sett them Stew till they are enough, then powre awaye that Liquor from them, and putt a Little white wine, and Some grauey, a Sprigg of thyme, a whole onyon, and a Little clowe and mace, and an orringe, then putt in a peece of butter, and Shake them uery fast, then putt them into a cleare dish, and Searue them upp, with Some orringe, butt first take out the orringe, onyon, and thime, before you dish them upp, p^o batum est.

For to make a Posett

Take a quart of creame the yeolkes of ten eggs beaten well, and Sack, and Suger to ye one tast, you must boyle the milkle, and Sett it Stand, till itt be colde, againe you must putt the Sack, and Suger to the eggs, and when they are well beaten together, Straine them through a Sive, then Sett them ouer the fiar, Still Sturring them till they be through hott, then powre the milke into them, till itt be ready to boyle ouer a Soft fiar, Looke now and then into itt for feare itt burne, when itt is come enough, you must beate in the white of the eggs, mixt with a Little Sack, and beate them with twiggs, and as they froath doth rise, you must putt it ouer the possett, and Soe Searue itt upp.

Sauce for Fish

For one Carpe, halfe a pinte or better of clarrett wine, two Anchouis, or more as ye tast is, to be dissolued in itt, and take the blood of the carpe, and ~~boyle~~ beate itt upp with two pound of Sweett butter, and then putt in halfe a hand full of capers, and Some of the Liquor you boyle the fish in, and this will make good Sauce.

Cheese Cakes

Runn 5 quartes of new milke, mingle the curde with halfe a pound, and two ounces, of Sweett butter, then rubb them to geather, through a haire Sive, then

putt

Chicken Broth wth Almonds.

Split a Chicken & wash it wth a quarter of a pound of French Barly ye water must be changed 3 times before you put in The Chicken, There must be 3 pints of Barley water boild to a ~~Pint~~ Quart, Put in a blade of Mace, Blanch a quarter of a pound of Jordan Almonds, beat them wth a little of the Broth to keep them from curdling, in a Mortar, then Strain them, Do so 3 or 4 times till you have got ye Strength of the Almonds, Sweeten it wth Sugar, put in Orange flower or Rose water, It must be drunk just warm or quite Cold.

Putt in a quarter of a pound of Allmonds, beaten finely, with rose water 9: yeolkes of eggs, the whites of foure, well beaten, mingle them all with rose water currants, and Suger, and Spice to ye taste, you must plume ye currants - - - - - -

To Stew mutton - - - - -

Take a Lyne of mutton, and cutt into Stakes, and take the Liquor of beefe broath if it be not to Salt, or of any boyld mutton, and putt it to Steve, with a Little Salt and whole pepper, Some Sweet marjorum, Stript, for want of itt auery Little winter Sauorey, thime, and a Little perseley, and Some whole onyons Slitt, Lett all this Steve - neare two howers, before you take itt upp, putt Some thick Slices, of manchett crust in the bottom of ye pann, and Some grated, on the topp of ye meate, and Lett itt Stew halfe an howre, after the bread is in, then Serue itt upp - - - - - - - - - - -

How to make Sauce for fresh Fish - - - - -

Take according to the quantity, you haue occation of, two or three Anchouis, or more and dissolue them, in whit wine, then putt to it a bund, of Sweete hearbes, and one onyon and a few capers, mintes, and two or three blades of mace, then take the yeolkes of two eggs, Strayned, with a Little of ye fish Liquor, then putt it to geather in a frying pann with halfe a pound of Sweet butter, or more if ye dish, will containe itt, and keepe itt Shaking ouer a cleare fiar, till itt be thick, power, itt on ye fish, and Soe Searue itt, you maye add to itt oysters, or oyster Liquor, the Juice of an orringe, horseraddish, Scraped crane fish, and prayns, picked and butterd, and if itt be on a flesh daye, you maye take grauy to it, itt gives auery good taste, and rubb the bottom of ye dish, with a cloue of garlick

Soupe or Liquor - - - - -

Take foure, or fiue onyons, and Slitt them, frye them in butter, till they be uery browne, if you use any beefe or mutton in the house, take as mutch of the broath of itt as will make the quantity, and boyle them well, with the afore Saide onyons, powered, in to itt, then Season itt to ye pallett with two or three, yeolkes of eggs in itt, then putt it into ye dish with Sippetts, of bread cutt uery thinn, att the bottom, Steve itt on a chaffing dish wth a gentle fiar, the Longer the bettar, and make it Sharpe with Lemon or Virques, or elder uiniger, or Sorrell best of all, and Lett it breake to peeces, in ye hand, in Sommer use - hearbes, with out onyons, in places where noe beefe, or mutton is used, water will make good maiger Pottage. -

To Pickle an old fatt goose - - - - - -

Cutt itt downe the back, and take out all the bones, Larde itt uery well, with greene bacon, and Season itt with three quarters of an ounce of pepper, ginger, a quarter of an ounce of cloues, and Salt, as ye other Spices proportionable, a pinte of white wine, and Some butter, putt three, or foure baye Leaues, under the meate, and bake itt with browne breade, in an earthen pott, close, couered, and the eges, of ye pott, couered close, and with paste, Lett itt Stand 3 or 4 dayes in ye pickle, then eate itt cold with uineger - - -

To make Sauseges - - - - -

Take the Leane of a Legg of mutton, and Shred it, uery well, then take twice the weight in beefe Sewett, as finely Shred as you can, then take a quart of good oysters Liquor and all, and cutt them Small amongst itt, then take halfe a hand full of Sage

and

And cutt it very Small, and mix it amongst itt, and for pepper, and Salt, Season itt as you Like ye Selfe, then role them in ye hands, with a very Little flower, and frye them with Sweete butter -

To rouse a Legg of mutton - - - - -

Take a Legg of mutton, and powder it very well, as you would doe beefe, Soe Lett it Lye in powder, three weeke, or a month, then keeping it a drying for two monthes, in a chimly, then keepe wood fiars, and when you haue ouasion for itt, boyle itt, and when itt is colde Slice itt out, and eate itt, with vinegar, and oyle, as you please - - - - - - - -

To make pease pottage - - - - -

Boyle upp ye pease well, with running water, till they breake, with two or three onyons, and Some Speare mint, but noe more water in them, then will Just wash itt, and to make itt boyle, boyle ye bacon, in another pott, putt it into the pease pottage, with a good quantity of beefe broth, powdered beefe is the best, boyled upp to geather, Some halfe an hower, then eate itt with ye bacon, cutt into itt, in thinn Slices, and Some butter, if you Like itt, two or three pound of neck beefe, is the best for this purpose - - - - - - - -

How to Stew a rumpe of beefe - - - - -

Take ye rumpe of beefe, and cut all the bones out, then Scotch itt with a knife, and Season it, as you thinke good, with a Little pepper, and Salt, but wash itt ouer with a Little white wine vineger, then putt itt into ye pipkin, and putt thereto, a pinte of clarrett wine and a fagott, of rosmary, and thyme, then couer it close with, a course paste, and Sett it into ye ouen, and Lett it Stand to Steve 5 or 6: howers, then take itt out, and Laye ye meate into a dish, with good Store of Sippetts, then take the grauye of the meate, the fatt being taken off, and powered uppon ye meate, and Sippetts, and throw Some capers, and Samphire, uppon it, and Serue it upp, -

To make Almon Butter - - - - -

Take ye Almons, blanch them, grinde them, with faire water, Straine them, then boyle it and a Little whole mace in it, put in a Little Salt, and when it curdles, take itt from the fiar, and putt it in a cloth, and hange itt upp, that the whey, may run from it, Season itt with Suger, and rose water, and keepe the mace, till another time - - - - - - - -

To make a Shaking Pudding - - - - -

Take a quarte of creame, and boyle it, with nuttmegs, ginger, and mace, all hole, then Lett it Stand, till it be colde, againe, then take the yeolkes of Seauen eggs, with halfe the whits, and beate them very well, then Straine them, and put them into creame, with cromes of manchett, and Some fine flower, then Stirr itt very well togeather, till it be pretty thick, then take a thick cloth, and wett it in water, and cast flower on it, and put ye Stuffe, into the cloth, and binde it upp, very close, and putt it into Seething water, and Lett itt boyle till it be enoughe, you must putt into itt a Little Salt, and Suger, with a nuttmegg, either Sliced, or Scraped -

Orringe Pudding

Take the pill of one Large orringe, or two Small ones, thin pared, beaten very well, then add of Suger, and butter, of each, halfe a pound, beate all Like bisket, till throughly, incorporated, putt a thin puff past in the dish under it, couer it with the Same, Soe bake itt - - - - - - - - -

To make a Possett, without milke - - - - - 6

Take the yeolkes, of 12 eggs, and the whites of 8, beate them well togeather, putt in a pinte of Sack, as mutch Ale, a quarter of a pound of Suger, beate all well togeather, Sett it on the fiar till it boyle, and be Suffitiently rison in y^r^ bason, - - - - - - - - - - - - -

To make white Puddings - - - - -

Take a neats tongue, boyled, peeled, and Small Shreed, a penny Loafe, or better grated, nutmegg, cinamon, ginger, a little Salt, a quarter of a pound of Suger, 12 eggs, but Six of the whites, a pinte of good creame, and the marrow, of three bones, - - - - - - - - - - -

A Shaking Pudding - - - - -

Boyle a pinte, an halfe of creame, with Some mace, and nuttmegg, then add the yeolkes of: 8: eggs, halfe a penny manchett, grated, 12 Almonds Strained, with a Little rosewater, a little flower, Salt, and Suger, to y^r^ tast, and powdered cinnamon, boyle in a napkin first wett, and the water being run out, flower it ouer. -

To make a dish of Pease Codds - - - - -

Putt the marrow of beefe, crumbes of bread, yeolkes of eggs, currants, cinamon, and Suger, into a fine paste, and frye itt with Suett, - - - - - - - - - - - - - - - - - - -

Puffs - - - - -

Take good curds, cleane from the whaye, two handfulls of flower, 7 eggs, but halfe the whites, mixed, bake on papers, buttered ouer, Searue, with Suger, butter, or Sack, as you Like - - -

To make Shoulder of Mutton, Venison - - - -

Prick it in many places, Stuff it with crumbs of bread, pepper, and thime, Steeped in the blood, couer itt with Some of the cale, and Lett itt Lye couered in blood 24 howers - - - - -

Marrow Puddings - - - - -

Marrow, halfe a pound of Almonds blanchd, and Small beaten, Crumbes of Stale manchett Sliced, creame boyled, the whites of Six eggs, and three yeolkes, beaten, halfe a pound of Suger, and mace beaten, putt all well mixed into Skins - - - - - - - - - - - -

To quickin wine, and recouer the Colour - - - - -

Putt a gallon of newe milke to 20 gallons of wine, Shake itt togeather - - - - - -

Sauce for boyled mutton - - - - -

Boyle an onyon in faire water, Stronge enough of it, then take it out, then putt in Some Sweet heartes, Small Shreed, when throughly boyled, add two or three eggs beaten, butter, Salt Suger to y^r^ taste -

Calues Foot Pudding - - - - -

Calues feet Small Shreed, well boyled, grated manchett, mace, nuttmegg, currants, eggs marrow, and Salt, mix, and boyle in a cloth, - - - - - - - - - - - - - - - - - - -

To Solt Bacon Like westphalia - - - - -

Make with Salt peeter, a Salt brine, that will beare a new Layd egg, boyle and Scumm itt cleane, when cold, couer ye gamons with itt, or tongues, Lett them Lye three weekes, or a month, ouer them in a chimny, where wood is burned, when drye take them a waye, and keepe them for ye use, you must euery weeke boyle ye brine, adding, two or three, hard fulls of Salt, euery time -

Cock Ale - - - - -

Boyle an ould cock, his bones first broken, in as mutch water, as will boyle him to a gelly, with 4 ounces of harts horne, two ounces of Iuory, one pound of raisons of the Sunn when itt gellys, take itt off, when colde, putt it in a thinn bagg, with two Lemonds Sliced nuttmegg, ginger cloues, and mace, three new Layd eggs, a quarter of a pound of hard Suger hange itt in a quarter of a Hoggshead, of Stronge Alle, when done working. - - - - -

To bake mutton, Like Venison - - - - -

Bone a hinde quarter of mutton, Steept in Lambs, or Sheepes blood, Season itt high putt in the past under itt, two pound of beefe Sewett, Small minced, when baked foure howers putt in itt, cutt upp a good deale of grauy, and a peece of butter melted, and well Shaken together

To Collor. Beefe - - - - -

Laye the thinn end of the brisket, in pump water, and Salt three dayes, changing itt euery daye, the Last add a pinte of clarrett wine, draine itt drye, bone itt, cutt itt all most to the end, in three Slices, wash itt all ouer with clarrett wine, cochenella, and a Little Allome, and Strowe, with Anchouis, bound and Sliced, then with cloues, mace, peper, two han fulls of Salt, Sweet marjorum, and thime chopped, roled upp harde, baked with clarrett wine and Vineger, bayeleaues, and rosmary - - - - - - - - - - - - - - - -

To dress a Calues Heade - - - - -

Boyle itt well, with Sage, time, marjerum, and parseley, cutt it into Small peeces, - mince, the hearbes, with the braines, add thinn Slices of bacon, Steeve all togeather - with water, wine, and uinegar, nuttmegg, then frye itt, add a quarter of a pinte of creame Som yeolkes of eggs, frye itt againe a Little, and Send itt on Sippetts - - - - - - - -

Another waye - - - - -

Slice itt, and bacon, both first well boyled, and Sauory, perseley, and thyme, boyled, and minced, with the braines, Steeve a while in clarrett wine, and butter, anchouis, pepper and Salt, Serue on the bone, harde eggs, and barrberries on the dish, - - - - - -

To dress Chickins - - - - -

Stew two Chickins cutt in peeces, in water, and white wine, with butter, and onyon, pep per, and Salt, frye all with Sweet hearbes, Small Shreed, and the yeolkes, of two or three eggs, Sake all to geather, and Soe Searue itt, - - - - - - - - - - - - - - - -

To Frye Beefe - - - - -

Putt fresh beefe, thinn cutt, and hacked, with a knife into a pann, by itt Selfe, power out the grauey, as itt comes, on a chaffing dish of coales, with Some white wine, onyon water, pepper, Salt, and Anchouy, putt the beefe to itt, and Steeve itt a Little, frye the beefe in butter, putt in the grauy, three eggs, beaten, Shake all togeather, and Soe Searue itt

An Apple Tansy - - - - -

Stew 12 pippins, pared, and Sliced, from the core in Some Sack, and rosewater when Soft, beate to pulp, add 10 eggs beaten, halfe a pound of Suger, as mutch Juice of perseley, as will make itt greene, nutmegg, a pinte of thick creame, mixt well, and frye itt

To roaste a Pike - - - - -

Kill itt, drawe, all the gills, and well washed, wth oysters, Larde the back, with herring, baste wth butter, and wth whit wine, to which ad two or three Anchouis, capers, and Lemon, for Sauce rubb your dish with garlick. - - - - - - - - - - - - - - - - - -

To boyle a Pike - - - - -

Cutt it into peeces, putt it Slice, if thick, into a dish, Strow Store of Salt on itt, and halfe a pinte of whit wine, putt all into a Skillett, with three pintes of white wine, and a handfull of Sweete hearbes, two onyons, cutt, two nutt meggs quartered, a race of ginger, Sliced, one briske boyling, the Sauce is a pound of butter, Som Anchouis, Some of the uppermost of the Liquor, beatned well, add Lemons - - - - - - - - - - - - - - - -

To boyle a Carpe - - - - -

Putt it first blooded in the taile, and the blood, into white or Carrett wine, ready to boyle, with a Little Salt, a nuttmegg quartered, whole pepper, mace, onyon, a bundle of Sweet hearbes, a peece of butter, then Sett the blood, Some wine, Anchauis, mixt all Soe Seartue

To roaste Labsters - - - - - -

Tide to the Spitt, baste, with water, and Salte, the Sauce is Stewed oysters, Small cutt, butter thick beate, anchouis, dissolued, in the oyster Liquor, and praynes of the Labster, mixt att table, -

To Pickle Coucumbers - - - - -

Boyle: 3: quartes of white wine, uineger, a goodhandfull of baye Salt; 6: quartes of water, good Store of dillseed, and Some Sliced coucumber, halfe an hower, Strayne itt, putt itt till it be colde, then putt in ye coucumbers, cleane wiped, couered ouer with oyle - - - - -

To bake a Hare - - - - -

Bone itt, Laye itt on a gridiron, on fresh coales, when itt begins to drye, turne it, and Sprinkle itt with, wine, which hath, nutmeggs, mace, and cloues, putt into itt, doe this 12 times, Layd all night in uineger, the next daye doe the Same, Larde halfe, Seasoned, with pepper and Salt, bake itt, and eate itt colde. -

Artichoke Pudding - - - - -

Mix the bottom, well boyled, with thick creame, add 6 yeolkes of eggs, 3 whites beaten Seasoned with Suger, and nuttmegg to ye taste, butter, the dish, that it may not Stick, putton itt marrow, and oyle, and dates -

To Collor Beefe - - - - -

Cutt out of the Side a Squeare peece, bone itt, and beate it with a roling pinn, Smoke it, the inside, downewards, on a gridiron, with wett haye on charcoale, halfe a quarter of an hower, when colde putt it in a traye, then moysten itt with clarrett wine, or Stale beare, Season itt, with pepper, Salt, cloues, mace, and baye leaues, Shreed, Lett it Lye three dayes in Sommer, 7 or 8 in winter, then hange itt upp for a daye, that the winde may take itt, then Souce itt againe, the oftner, the better, and the redder, when you boyle it Laye the outward Skinn allmost off, Strowe with perseley, Sage, thime, Sweet marjarum, pennyroyall, blades, of onyons, Leekes, or garlick if you Like, beefe Sewett Small minced, Roled upp harde, with the Skinn aboute itt, then with a cloth att the ends, to keepe in the hearbes, and Sewett, the Sides Sowe with Long Stiches, that you may drawe them closer, as the meate Shrinkes, in boyling Season ye Liquor you boyle itt in, Least ye meate be to fresh, boyle itt foure howers, take off the cloth when colde -

To make white Puddings - - - - -

Soake two quartes, of oatmeale, in hott water. then a while, in new milke, which putt away, Season itt with Salt, Suger, rose water, mace, nutt meggs, cloues, creame enough to make itt thinn, Six eggs, and Store of Suett, - - - - - - - - - - - - - - - -

To Pickle Smelts - - - -

Putt them in Stronge pickle, of water, uinegar. and Salt, to beare an egg, Strowe betwene each rowe, whole pepper, mace, cloues, onyon, orringe, and Lemond, Sliced, begin Stripping att the taile, -

To roaste a Trout - - - - -

Fill his belly with crumbes, of manchett, Sweet hearbes chopped, pepper, and nutt megg, 3 or 4 eggs, all mixt, baste with butter, Sauce is, Some of the hearbes, nutt megg, and Salt boyled togeather. -

Sausages - - - - -

Take the tenderest porke, cleane from the Skinn, beefe Sewett, both well beaten Sage, Small Shreed, good Store of pepper, Salt, nuttmegg, ginger, cinamon, and neve Layde eggs

Black Puddings - - - - -

Boyle ye oatmeale tender, in milke, take ye thickest blood, the water, and thinest putt away, beefe Sewett, new layd eggs, fennell Seedes, cloues, and mace, and nutt meggs, peny royall, Sweet marjarum, perseley, thime, minte Sage, and Savory - - - - - - - - - - - -

Capon Pye - - - - -

When baked, with pepper, and Salt, and butter, mince the brawne, and mix with the Juice of 5 or 6: orringes, meate of two Lemons, Some pill Small cutt, clarrett wine, Suger, yeolkes of eggs minced, grauye, butter, putt on the Leggs, and rump, and Sarue - - - - - - - -

Calues Heade - - - - -

Cutt the tongue, and flesh, well boyled, into Small Slices, frye Store of perseley Shreed, then putt in ye Slices, then the brains beate, and Store of butter, Season with uineger, or, other wine to ye pallett, and Sarue itt - - - - - - - - - - - - - - - -

To dress, Larkes, or Little birds - - - -

Frye them, in quarters, or whole, cleane drawne, frye oysters, a Little Scalded, and flowered, frye Scerretts, well boyled, and flowered, till allare browne, Searue, with butter or as you will -

Lampres Pye - - - - -

Straine them, Seasoned with uineger, pepper, and Salt, Lett it run from them, Season well, within, espetially, with cloues, and mace, and cinamon, when baked putt in uinegar, clarrett wine, and butter, -

To boyle a Salmond - - - - -

Putt it quartered, and washed with clarett wine, into water, and uineger a hand full of rosmary, and time, first boyling on a quick fiar, then Sprinkling on baye Salt till enough, when halfe boyled, putt in a quart of clarrett wine, boyle Softely till itt collour, keepe itt in till colde, -

Ruin Cheese - - - - -

Run milke from the cow, or Strokings, warme a gallon, when come, neither breake nor handle it, putt on a cloth in arange, ouer a tubb, with a dishfull of curdes, then faire water, then curdes, then water, Soe till all be upp, Lett itt Stand draining, till it will come within ye fate, when in ye fate, putt on itt a pound weight, an hower after as mutch more, then threepound, of Salt a little, att night, turne it into a wett cloth, next morning into a drye one, take of the weight, Soe keepe itt two or three dayes, then putt it euery daye into nettle Leaues, euery time you change, them, wipe cleare, when Slipt enough nine dayes, or there abouts -

Wilde Curdes - - - - -

Putt new milke whaye, on the fiar till it allmost boyle, add a quart of under-Skimmings, as mutch rennett, as will make a cheese, mixt, then the rest of ye colde whaye Sett them in arange, next morning Straine them, add Some creame 7 or 8 howers before you use them, tye upp harde in a cloth, hanged upp to dropp - - - - - - - - - - -

Oyster Pye - - - - -

Wash them in water, and Salt, Sett them in the Liquor, when cleare from grist, with whole mace, cloues, and an onyon, quartered, Season with pepper, and Salt, putt in to youre pye, wth Store of raisons, currants, and butter, when baked add a cadle of Sack, yeolkes of eggs, and Suger not boyled -

Egg Pye - - - - -

Shreed all ye eggs, hard boyled, Small, Seasoned as mince pyes, with fruit and Spice putt Store of butter, into ye pye -

Sawsages

Veale, or Porke, uery Small cutt, twice, as mutch beefe Seuett, Small minced, and Sifted, Store of mace, Lemon pill, pepper, and Salt, Sage, broade time, rosmary, and orringe, halfe as mutch of Sage, whole eggs, that is whites, and all, -

Frickacey - - - - -

Take rabitts, chickens, or other meate, boyled, roasted, or raue, putt to it perseley fryed crispe, putt all into a pan with a pinte of clarrett wine, or of its owne Liquor if boyled, frye a while, add the yeolkes, of two eggs, beaten, in uinegar, and giue a warme or two - - - - -

A Pottage - - - - -

Take Store of Sweete, marjorum, beetes, endiue, Succory, and perseley, a Little Sorrell, an onyon or two, add Store of meate, when allmost boyled, Slice in a peny Loafe, boyle till thicke

Alemon Creame - - - - -

Take a quarte of Creame, keepe itt Stirring, on the fiar, untill it be blood warme, then take the meate of three Lemons, and a Little orringe flower water, Sweeten them Soe well, that they maye not turne the creame, then Stirr them into the creame on the fiar and Some yeolkes of eggs, and Searue itt in colde - - - - - - - - - - - - - - - - - - -

An other Creame - - - - -

Take a quarte of good creame; 10: whites of new Layde eggs, beaten uery thinn, putt them into the colde creame, and Some Sugar, according to ye taste, and a Little bundle of Lemon time, or broad time, Sett it on the fiar, Stirring itt continually, one waye, till itt

hath.

Hath had one boyle, take itt off the fiar, Stirr itt till the greate heate be off, power itt into ye dish, and when itt is colde, Stick itt ouer, with Small Spriggs of time, that you boyled in itt, and Shake Suger ouer itt -

Rice Creame - - - - -

Take a quarter of a pound of rice, pick itt uery cleane, and Laye itt all night in &c: then boyle itt uery tender, untill all the water be consumed, then Straine itt uery cleane, then take the whites of Six eggs, and beate them uery well, untill itt come to froth, then putt them to ye creame, and rice, with as mutch Suger as you please, putt it in a Skillett, putt a pinte and halfe of thick creame, Lett itt boyle untill itt be thick. Stirring itt all one waye, if you please you maye putt in rose water, orring flower water, cinamon or mace - - - - -

Orringe Creame - - - - -

Take a quart of creame, Sweeten itt well with Suger, Lett it boyle, a while, but Stirr it continually, when it hath boyled a while, and the greate heate oute, Squeese in the Juice of orringes, till itt turne to a tender curde, then hange itt upp all night, in a fine Strainer Lett it hange upp, till the whey be out, then beate upp ye curdes with thick creame, and Season itt to ye taste, Slice in Som Small peeces of orringes - - - - - - - - - - -

To make Snow - - - - -

Take a quart of Creame, and the whites of tenn eggs, putt in Som rose water, and Suger as mutch as you please, then beate itt uery well, and as the froth riseth, Laye itt into a cullender, Sett ye cullender in a dish to Saue the creame, that runs from the froth, when no more froth will arise, putt ye creame into a Skillett, and putt in a Sprigg of rosmary, time and a Little Lemon Pill, Keepe itt Stirring all one waye in the boyling, when itt is boyled take itt off the fiar, and Stirr it a Little, then power itt into a dish, in the midle of the dish Laye the bottom of a new manchett, with a Sprigg of rosmary Stalkes, in the midest of itt when ye creame is colde, Laye the froth on itt and on the rosmary - - - - - - - - -

Apple Creame att any Time - - - - -

Take 12 pippins, pare, and Slitt them, then putt them in a Skillett, and Some clarrett wine and a race of ginger, Shred thin and a Little Lemon pill, cutt Small, and a Little Suger, Lett all these Stand to geather, till they be Softe, then take them off, and putt them in a dish till they be colde, then take a quart of creame, boyle a while, then putt in as mutch apple Stuff, to make itt of what thickness, you please, and Soe Searue itt, - - - - - - - - - - - -

Trifle Creame - - - - -

Take Some Creame, and boyle itt with a Stick of cinamon, and Lemon pill, a while - - then take itt off, coole itt a Little and Season itt with a Little rose water, and Suger, to ye taste Lett this be putt in a thing, you Searue itt in, then putt in a Little runnett, to make itt come, then itt is fitt to eate -

Quince Creame.

Take the quinces, and putt them into boyling water, unpared, and Lett them boyle uery fast, uncouered, when they are uery tender take them off, and peele them, and beate the papp, uery Small, with Suger, then take rawe creame, and mix with itt, till it is of a fitt thickness, to eate Like a creame, butt if you boyle the creame, with a Stick of cinamon, I thinke itt the better, butt itt must Stand till it be colde, before you putt itt to the quinces -

French Bread. Tom. Hackett

Take half a peck of fine flower, to a Dozen Rolls, a quart of yest & two quarts of water, to be as warm as Milk from the Cow, in Winter, but in Summer Cooler. When it is moulded let it Stand half an hour, till it be full proof. Make y^r Oven very hot, Stop y^r Oven half an hour, then open it, & let y^r Bread Stand till it be dry on ye top, & no moisture to be felt which will be about half an hour or there abouts.

Sillabub - - - - -

Take a Lemond pared, and Sliced, very thinn, then couer the bottom of ye Sillabub pott with itt, then Stoore it thick with fine Suger, then take Sack, or whitwine, and make a curde with Some creame, then Laye itt on the Lemon with a Spoone, then whipp Some creame, and whites of eggs to geather, Sweeten itt a Little, and cast the froth on the Sillabub when you Laye in ye curde, you must Laye in Some Suger, betweene euery Laine - - - - - -

To make past royall White - - - - -

Take halfe a pound of duble, refined Suger, and beate it well, and Serce itt, through a fine Lawne, then putt it in a fine Allablaster, morter, with a Little gumdragon, Steeped in a Little rosewater, and a graine of muske, Soe beate all to geather, till itt come to a pretty paste, then role itt thinn with a rolling pinn, and printe itt with ye moulders, you must drye them on a boarde farr from the fiar, but you must not putt them in a ouen, they will be drye, in two or three howers, and be as white as Snow - - - - - - - - - -

Egg Pye. - - - - -

Take eggs, and boyle them hard, Shreed them Small, with Some aple, and Season itt as you please, with Sack, Suger, and rosewater, a Little orringe pill, when you putt when you putt in the paste, couer itt ouer with butter, Soe bake itt - - - - - - - - -

To boyle a Capon - - - - -

Take a Capon, and Sett itt ouer the fiar, with as mutch water, as will couer itt, put in a good peece of butter, a Little Large mace, and a Little quantity of collwoortes, or cabidge, about a hand full, Soe Lett itt boyle gently, close couered, till itt be enough - - -

To Souce. a Pike.

Take the blood out att the Vent, Scower well with Salt, then wash him, open the belly, and what you take out gutts, and all, if well cleansed, togeather with the blood, putt itt into the Liquor, which Should be, as mutch water, as will couer the fish, and to euery Large fish, a pinte of uinegar, a hand full of Salt, a bundle of Sweett hearbes, one nuttmegg cutt in quarters, Lett the water, Spice, and hearbes boyle before the uineger, goes in, which being added, and the Liquor, boyling againe putt in the pike, trust round, keepe itt constantly boyling, as fast as may be, till enough, then take itt out, and putt itt not in a gaine, till the Liquor, be colde and Strained, Lett it Stand in a coole place, in as narrow, an earthen pott, as will containe itt, if you keepe itt Long, take out the fish, and boyle the fish, an nens, with a Little addition, of uineger, and Salt, but Lett it be coole, before itt be putt in againe - -

To make very good Manchett - - - - -

Take a quarter of a peck of flower, and Strowe in a Spoonefull of Salt, then take a pinte of Ale east, if it be Light, if Sad not Soe mutch, take as mutch neue milke, warme as will make doe, not neade it, but driue itt, with the backs of your hand, then Sett by the fiar, to rise, then make itt into roles, putt them into a very hott ouen, and Lett them Stand halfe an hower, Sett upp the Stone - - - - - - - - - - -

To Pickle Mushrooms - - - - -

Take ye mushrooms, and boyle them in a pott, and put uineger, pepper, and 2 onyons cloues, and mace, 4 baye Leaues, and Lett them Stand - - - - - - - - - - - - -

To Pickle Figgs - - - - -

Take the figgs, and Laye them in water 24 howers, then parboyle them, very tendar then boyle a quarte of whitewine, and a pinte of uineger, Slice Some ginger, and nuttmegg cloues, and mace, and pepper, tyed in a bagg, then putt in a hand full of Suger, and make itt pretty Sweette, then putt the figgs in a pott, and putt the pickle to them - - - - -

To Pickle Cowcombers - - - - -

Take ye cowcombers, and rubb them, putt them in a pott, betweene, euery Layne Lage Some dill, then putt in uiniger, Ale, or beare, tyed upp in a bagg cloues, and mace, and bay Leaues, and Lemon pared, and Sliced, a Little fennell Seedes, Soe Lett them Stand - - - -

To keepe any Flowers, all the yeare for Sallets - - -

Take one pint of whitwine uineger, one pound of Suger, boyle to a thick Syrrupe put in the flowers, what quantity you please, and Lett them, boyle, take it off the fiar, when cold, put up in potts, or glasses, couer them close, putt the flowers, very well through a Sive, especially the uioletts, for they are full of earth, and Little Stones -

To make Snow - - - - -

Take a quart of creame, and the white of an egg or two, Som rosewater, Juice of Lemond, Sack, mingle all these togeather, take a whiske, and beate itt till it is uery high, take a Spoone, and fill the glasses - - - - - - - - - - - - - - - -

Damson Creame - - - - -

Infuse ye damsons, and Straine them through a haire Sive, Lett the marmalett be cold, then putt it to ye creame, Some rose water, and Suger, and Lett it be thick - - - -

To make a Trifle - - - - -

Take Some Sweete creame, putt to it Some cinamon, and nuttmegg beaten, and Sifted, rosewater, and Suger, Sett it on the fiar till it be warme, then putt in Some rinett as mutch as will make it come Like a cheese, Stirr itt well, and garnish ye dish, with all Sortes of Sweet meates -

To Steve Apples - - - - -

Pare them, and cutt them in halfes, take out the coares, and Laye them in a dish, put Some water, and Suger to them, cloues, cinamon, orringe pill, Sliced, Lett them Steve uerry Softly, you may Stew them in wine. - - - - - - - - - - - - - - - - -

To Stew a duck

Take a duck, and halfe roast him, then haue, Some clarrett wine, as mutch as will Stew it, with 3 or 4 onyons, cutt Small Some, cabbidge that hath beene boyled, Season itt well with all kind of Spices, you must cutt ye duck into peeces, then putt it in a dish, Stewing when itt is Stewed, putt in Some butter, toss it up to geather, if itt be not thick enough, you may putt in Some crust of bread -

To Steve birds - - - - -

Take ye birds, boyle them a Little in water, and Salt, then take halfe Soe mutch muskadine, as water, and boyle them with the Liquor, with mace, time, and butter, with a Little virguce, and Suger, then dish them, with barberries, and peeled Lemond - - - - - -

To Steve Chickins

Take chickins, halfe roasted, cutt them in peeces, put them in a dish, put to them a Little whole mace, a Little Salt, a onyon, but take that out before you Send itt in, putt to itt peny royall, Sweet marjerum, Sauory, and perseley, a quarter a pound butter, Steve all an hower, then Searue itt - - -

To boyle a rump of Beefe - - - - -

Take a rump of beefe, well powdered, and washed, then take Sweet marjerum - time, persely, Spinage, of each a pretty quantity, then Shreed them Small, then take a Little gross pepper, with Some of the fatt of the beefe, then Stuff itt well there with, then Lett it boyle, till enough, in the meane time, take a couple of of colly flowers, and boyle them in milke, till they be thick putting a Little butter to them, make Some Sippetts with a manchett, and a fatt of the beefe, and a Little wine, putt the colliflowers on the beefe, Soe Searue itt

To dress a Fillett of Veale - - - - -

Take a fillett of Veale, and with the backside, of a cleauer, beate it till it be redy to fall in peeces, take marjerum, time, and perseley, wash and Shreed them uery Small, take - gross pepper, and mince, with itt, rubb the meate with clarrett wine, and the quantity of an egg of Sweet butter, then Lett itt bake on howre, before you Send itt to the table, - beate the yeolke of an egg, and putt to itt, Shake itt, and Searue itt with Spice - - - - -

To Hash a Calues Head - - - - -

Take a calues head, and halfe boyle itt, then cutt it from the bone, and Slice itt thinn and putt in a Little wine, and Some grauy, a faggott of Sweet hearbes, Some capers cutt Small, Som water of an onyon, a Litt bacon, boyled, and cutt Small, then Sett it on the fiar, and Lett it Stew a good, while you maye, broyle one Side of itt, when itt is Stewed, putt in Some thick butter, and toss itt, all togeather, then putt itt in a dish, with Some bacon - Sliced about itt -

To boyle, a hare to butter - - - - -

Take ye hare, and fill his belly full of pasty, and two or three onyons, with a few Sweete hearbes, and boyle them uery well, when theye are boyled take the meate from the bones, the hearbes, the onyons, with 12 yeolkes of harde eggs, cutt them Small all to geather, then putt them in a dish, putt Som butter, make them hott and Searue - -

To make a Flesh Sallett - - - - -

Take a capon, and roast itt, take the flesh from the bones, and Slice itt thin, take Some purseler, tarreger, and Slues, with broome budds, capers, a Little Lemon Sliced, putt to itt oyle, and uinegar -

To make a Pottage - - - - -

Take a peece of a Legg of beefe, a peece of Veale, and mutton, Sett it on betime, and boyle itt uery well, Scumm, it cleane, and putt to it, a pretty deale of white pepper, a Little mace, an onyon, Stuck with cloues, a crust or two of bread, boyle itt well, when well boyled, Straine the broath, cutt Some, whitbread, and toast itt, and putt it into the broath, then putt into the dish, a couple of ducks roasted, or a couple of pullets, roasted or boyled, or a neck of veale rosted, take a quantity of this broath, before itt be mutch boyled, into a Skellett, and take a Lapfull of hearbes, Spinage, Sorrell, Lettice, and boyle them, and if ye meate be boyled, putt the hearbes on itt, if roasted under, take two or three Sweete breades, of Veale boyle them, and Slice them into itt - - - - - - - - - - - -

To make a Pottage, another waye - - - - -

Take what Joynt of mutton you please, and putt it in Som cleane water, and Lett itt boyle, then Scum it cleane, put in Some cloues, and mace, and a Little time, and

Sweete

Swett marjerum, and halfe a dozen of onyons peeled, Lett it boyle till the meate be tender, take Some of the broath, in a depe dish, and Sett itt ouer Some coales, put Some white bread toasted, and Some that hath beene all ready boyled, Lett itt Steve in the dish till it be pretty thick, then putt the meate to itt, Send itt to the table - - - - - - -

Pottage for Fasting or other - - - -

Take 3 quarters of a pound of butter, and halfe a peck of good hearbes, of Spinnage Lettice, Sorrell, Sives, beetes, younge Sproutes, of colworrtes, Sweete marjerum, time, and the the greene of one Leeke, rosmary, wash ye hearbes, and cutt them a Little, putt youre butter into the pott, and the hearbes, and Lett itt boyle, halfe an hower, if you make itt with meate, then haue, another pott by, with mutton, and Veale, and chickens and the broath of the meate, being very well boyled, itt must be putt into the hearbs a Little before you take itt upp, putt in wine, and vinegar, Some, white bread toasted, if itt be for a Frydaye, putt in only faire water, instede of flesh broath; you must putt in the broath in by degreese. - - - - - - - - - - - - - - - - - - -

A Frigasey

Take chickens, or rabbitts, cutt in quarters, flower them, and make ye butter boyle, putt them in the pann, frye them very well, take a Little perseley, and time, 2 or 3 anchouis, a Little onyon, Shreed itt well to geather, putt in a good Ladillfull of broath with ye hearbes, Shake itt and frye itt well to geather, take the yeolks of Six eggs, beaten well to geather, with halfe a pinte of whit wine, a nutt megg Shreed, the Juice of a Lemond, or Verjuice, Scalded on the fiar, and Shake itt well to geather, Soe Searue itt -

To make a dish of Scotch Collops - - - - -

Take a fillett of Veale, cutt it in thin Slices, beate itt very well, Larde itt with bacon, and flower, frye itt with Sweet butter, when itt is fryed enough, take itt out and put it in a Steve pann, then put halfe a pinte of clarrett, a blade or two of mace, a pinte of broath, a Little orringe pill, a anchouy or two, a Little nutt megg, Steve them well to geather, then take as mutch veale, and beefe Suett, of each a Like, and Shreed itt well, a Little time and perseley, and Sweete marjerum, all Shreed together and a Little pepper, the yeolkes, of two, or three eggs, make itt upp in baules, and Shake itt well to geather, be Sure Steve itt well, Soe Searue itt upp - - - - - - - - - -

A Stump pye - - - - -

Take a quarter of Lamb, or a Lag of Veale, and mince itt Small, with Sweet hearts raisons, and currants, and dates, Suger, and a Little Lemond pill, then make ye Coffin, and putt it into itt, and bake itt well, then make a Layre of whit wine, and yeolkes of eggs, and Suger, and putt in itt. -

To make a Capon pye - - - - -

Take a capon rosted, then take the meate of itt, and mince it well with Some marrow Season it, with cloues, and mace, nutt megg, and Suger, Soe mix it to geather, with itt Some raisons, then make a pye, and putt ye meate into it, when it is baked, then haue a Leare, made with Sack, a Little Suger, 2 or 3 yeolkes of eggs, a Little butter drained all upp to geather, then putt it in ye pye, Salt it well, Soe Searue itt - - - -

To make a Capon pye. Spanish. &c:

Take a flesh capon, parboyle itt then cutt of the flesh, and mince itt with a pound of beefe, and the marrow of two or three bones, a Little cloues, and mace, a Little pepper and a fewe currants, putt all this to the meate, in the paste, made with marrow, and Suger when itt comes out of the ouen, Season, with clarrett wine the Juice of ortinges, beaten amber, and Suger, Stirr all the meate, and this togeather

A made dish

Take grated bread, marrow, currants, dates, raisons, a Little Amber greece, Steeped in rosewater, and eggs, creame, and Suger, mingle all togeather, and bake itt in puffpaste Soe Searue itt upp

To bake a Swan

Scauld ye Swan, and take out the bones, then parboyle it, Season it with pepper Salt, and ginger, then Larde itt, and putt it in a deepe coffin, of rie paste, with good Store of butter, Lett it Soake uery well, when it is enough, take itt out of the ouen, putt in more butter, melted att the uent hole

To roast a Pike

Take ye Pike and Scald it, then take Some pickld herrings, and Larde it, then take Some oysters, and anchouis, with a Little Sweet hearbes, cutt Small mix all togeather then Stuff and fill the belly, and roast it, when a roasting, haue a good Leare with a Little clarrett wine, 2 or 3 yeolkes of eggs, Some butter, Some anchouis, and oysters Lemon Sliced, with Some of that which is in the belly, and drayne all upp togeather and Searue itt to the table

To make hash. of Pike

Take a pike, and boyle it, and pick it from the bones, then putt it in a dish, with Some oysters, anchouis, Some capers, cutt with Some butter, toast, upp togeather, Searue itt to the table

To make norfolk Linkes

Take the belly peece of a hogg, or any other fatt, and Leane, that is to Spare of Such a hogg, and cutt it in peeces, as Square as greate dice, you must be Sure to make it uery fatt, Season it with cloues, and mace, beaten, and a good deale of pepper, a deale of Salt which they, must taste well of, and Some Sage cutt uery Small, then fill it in hoggs gutts and Linke them to geather, and hange them neare the chimney, where they may haue the heate of the fiar, and not be to hott, when once drye they will keepe a month

To make a good hash

Take a Line of mutton, and cutt it, as you doe for Scotch collopes, and hash it, then then putt a Little water, a bunch, of time, and Sauory, cloues, and mace, and anchouis, 2 or 3 onyons, when all most ready, put in what picke you please, and beate the yeolkes of two eggs, and Shake itt to geather, and Sliced Lemond

To pickle. redige. buds

Take uineger, Verguce, or both, and putt it into a pott, and Season itt with cloues and pepper, hott, and a Little Salt, then Stop itt downe close, and Lett it Stand, if it Stink remoue itt not

To make a good Sassage.

Take the Leane of a hogg one pound, and of the fatt one pound, Shreed the meate as Small as you doe for mince pyes, then take of Sage, time, and Sauory, of each an equall quantity, and of all a good hand full, Shreed ye hearbes, very Small, then take pepper, and Salt, cloues, and mace, the most of pepper, beate ye Spice, very Small, and mingle itt all to geather, if you make them upp in roles, beate the yeolke of an egg, and a Little flower, you maye role them, or putt them, in hoggs, or Sheeps gutts - - -

To make a Sack possett - - - - -

Take a quart of creame, and a quarter of a pound of Almonds, and beate them very Small, and boyle in ye creame, and Som bread Sliced thin, then take a pinte of Sack and Sett it ouer the fiar, till it be hott, then take Xx eggs Leaue out 8 of the whits then beate them well, and a Little Suger, and creame, then putt in ye Sack and make it Scalding hott, then put in ye creame, and Lett it Stand on the coales, a Little while, Stirring itt, then Strowe on the topp of itt Some Suger, and cinamon, - - - - - - -

A French Bullion - - - - -

Take one pound of fresh beefe, a pound of Veale, a pound of mutton, putt them into an ordinary, quantity of water, as you make broath, and Soe Lett it boyle to geather, with a Little mace, then take a good young pullett, without breaking the Skin and putt with in itt, a kinde of pudding, made with Veale and good beefe Suett, chopt to geather, till it is allmost, in a past, which, must be Seasoned, Slightly, with pepper and Salt, and made up with the yeolkes, of two or three eggs, besides putting in the belly, you must allsoe putt of the Same Stuff, betweene, the Skin, and the flesh, both att the brest, and Leggs, after which itt must be tyed upp, with Stringes att each end, Least it Should come out, in the boyling, then putt it into the pott, with the other meat and after itt hath beene, a little, take itt out, and prick itt, where it is Stuft, otherwise itt will be apt to burst, the Skin, after which, you may Lett itt boyle, till you find itt enough, you must, boyle, in an other pott, Some white endiue, which must be afterwards Stewed in a Little of the broath, when you thinke all the goodness of the meate is boyled out, then take one of ye deepest dishes, and fill itt with the broath, Setting it ouer a chaffing dish, and you must haue ready to putt in it, the bottom and topp crust, of two or three manchetts, well toasted, and putt them into the broath Letting them haue a boyle or two, therin, as allsoe, a Spoonefull or two of uerguce, which maye giue it a pretty, Sharpe taste, when you are ready to Send itt upp, putt in the yeolkes of: 6: or 8 eggs, well beaten, and Stirr it well aboute, then Laye in ye pullett in the middle of ye dish, and both ouer it and aboute it, Laye Some of the Stewed endiue, and garnish with Sliced Lemon, Soe Searue to the table - - - - -

To make marrow Potets - - - - -

Take manchett, and grated, halfe an nuttmegg, grated, halfe a quarter of a pound of Suger, a feue, currants, a Little rosewater, the yeolke of one egg, temper itt all to geather, with butter, melted, in water, then make a Little fine past, and role it thin, Slice the marrow bone, and take out the marrow, and cutt it in thin Slices, and Laye it in the paste, then Laye the Stuff round, about the marrow, then role:

Sutch

Sutch, Sutch a thin peece, as the bottome is to couer, Soe wett the couer, with Some of the butter, and water, and close them togeather, and frye them with butter - - - - - -

Receit of Flesh pease pottage - - - - -

Take Seuerall Sorts of meate, beefe, and mutton, boyle them in ye pease, when they are throughly boyled, and tender, Straine them, then Sett ye pottage againe ouer the fiar, putt into it, cloues, mace, capers, and marrow, if you haue any, and in somer - Large hearbes, if they be not thick enough, youse Some yeolkes of eggs - - - - - -

The bauls - - - - -

Take beefe, or mutton, pound well, and in pounding take out all the Sinneues, and Skins, and putt to it Some beefe Suett, pound it well till throughly mixt, add eggs - - whites, and all, according to the quantity of Season, with mace, and cloues, roule them upp in crumes of manchett, -

For the fish pease pottage, use yeeles, which is by mutch the best, or Sniggs or Lamperns, instead of flesh, only Lamperons, are apt, to make them Looke blacke

To Pickle musherums - - - - -

Take ye mushrums, newly gathered, and wash them well in a water or two, then putt them into Some water, with a good deale of Salt, and Lett them Stand an hower, then power out the water, and Lett them Steue in the Liquor that comes from them - till they be allmost drye, the pickle must be mushreums, boyled in water, and the water Sett to Settle, and of the clearest, one quart, putt it in any thing butt brass and a pinte of white wine uinegar, Six blades of Large mace, a fewe cloues, one - Spoone full of whole pepper, make itt all uery tarte of Salt, and boyle, and boyle this halfe a quarter of an hower, then take it off the fiar, and put in 4 or 5 baye leaues when itt is cold putt in ye musherums, and Lett them Stand 10 dayes, the wash them out of the pickle, and boyle the pickle againe, when it is colde putt in youre musherums, and tye up the pott close - - - - - - - - - - - - - - - - - -

To Pickle Musheromes - - - - -

When you gather them, take the Small knops, that that growe upp in a night, and either pill them, or rubb them, with a woollin cloth, putt them into a Skillett with out any water, and putt Some Salt to them Soe Lett them boyle a quarter of an - hower, then putt them into a broade pann, till they be colde, then make a pickle with wine and white wine uinegar, cloues, mace, ginger, and white pepper, boyle all to geather, when itt is cold, putt in Some mushreums, and tye upp the pott close when they, haue Stoode a weeke, or 10 dayes, wash them cleane, in the pickle, and boyle it, and put it to them as before, for the great ones, take out all the redd Skinn and pill them and wash, and boyle them, and put them into the pickle with the other if it be a drye time putt a Little water, in the bottome, of the Skillett, to keepe from burning

To dress musherumes

Take musherums, one nights groath, when they are cut and peeled, Lett them Steepe halfe an hower, in water, then wash them well, in a water or two, then putt them into the Stewing pann, and Strowe ouer them Some Salt, Sett them on the fiar, and Lett them Stewe, in the Liquor that comes from them, a pretty while, then putt in Some marjerum, and time, Shreed, one whole onyon, and a Little pepper, Lett them

Stewe

Steeve thus, till the Liquor be allmost waste, and they tender, then putt in a Spoone full, or two of water, and Some clarrett wine, and Lett them haue, one boyle then putt in, a good peece of Lemond, the pill, and meate both, Shreed Small, a feeve bread crumbs, and a Little butter, then Leaue out the onyon, and putt in a Little grauy of mutton, Soe Stirr all togeather, Searue them upp - - - - - - - - - - - -

A Possitt - - - - -

Take three pintes of thick creame, and boyle in it nuttmegg, a Little peece of cinamon, if you please, when it hath boyled, Leaue out the Spice, and Sweeten itt Stirr itt till it be Soe cold, that you may eate it, and against that time you must haue Sack and Ale, in a bason, uery hott: 3 partes Ale, and one parte Sack, about a pinte, in all, when the Same is hott, and Sweetned, and the creame, allmost colde, power the creame, into the Sack, hold it as high, as you can when you power itt and Stirr itt as it goes in, if you find it not thick enough, put in a Little more Ale, couer it and Lett it Stand, a while, uppon embers, haue a care it curdle not, if it be, enough it will be thick to the bottom -

An other possett - - - - -

Take a quart of creame, and 12 eggs, whites, and yeolkes, well beaten together as mutch Sack, and Ale, as you think, Shall be Strong enough, and Suger to Sweeten it, and a blade or two of mace, put all these into a Skillett, cold, mingle them well Sett it on a quick, charcoale fiar, keeping it continually Stirring, all the while, one waie, till it boyle, noe faster then for a foole, and you Shall find it thicken, then take it and power it into a bason, and couer it and Sett it on Some embers, for halfe an hower, and in that time it gathers to a curde - - - - - - - - - -

An other possett - - - - -

Take 12 whits, of new Layd eggs, Straine them, and beate them, with a burch whisk, take a quart of creame, and boyle it with, 5 or 6: yeolkes of eggs, and Sweeten it, then take a pinte of Sack, and Ale, and putt into a bason with the whites of eggs and Lett it be boyling hott, then power in ye creame, and eggs, and Stirr, it alltogeather uery gently, and Sett it on embers, as you boyle the creame, you must putt in a Stick of cinamon, a blade of mace, and a nuttmegg, and Sweeten the Same - - - - - - - - -

To make, bacon, eate Like Venison - - - - -

When you kill ye pigg, Saue the blood, when tis cutt upp, take two good Sparribs and bone them, and beate them uery well, with a roling pinn, and Season it Like, uenison, with pepper, and Salt, then Laye it all night, or Longer in the blood, and prick holes in it, that, the blood, maye enter, the flesh, when you Laye it in crust putt Some beefe Suet, well beaten, under it, and Some of the blood a topp, when it is allmost baked, putt in Some clarrett, wine, that hath beene Stewing, with the bones, and pepper, and Salt, in the ouen. -

To make a Fresh Cheese - - - - - -

Take a quart of creame, and putt to it, the whits of Six eggs, well beaten, and Sett itt ouer the fiar, Still Stirring it untill it comes to be curds, then Strayne them from them from the whaye, then pound the curds, with halfe a Spoon full, of orringe flower water, and a Little Suger, in a Stone morter, and put it into a cullender, that hath

holes

holes, in the Sides, as well, as in the bottom, it must be of earth, then turne it out on ye dish, and putt rawe creame to itt - - - - - - - - - - - - - - -

To make a Codle of whitewine - - - -

Take halfe a pinte of white wine, and Slice, a Little bread into it, take the yolks of two eggs, and beate them with a Little faire water, and a Little white wine, if you haue any creame, put in a Spoone full or two, put in the eggs to the white wine, and breake and Stirr, it all to geather, putt in a Little mace, then Sett it on the fiar, keepe itt Stirring, and Lett it boyle a Little, while, then Sweeten itt, and putt a Little butter in it - -

To make hoggs puddings - - - -

Take gritts of oatmeale, and pound them Small, then boyle them in new milke and Lett them Steepe, in the milke, one night, then take a quart of creame, and boyle it put to that the ualue, of two manchetts, finely grated, then take a hand full of marjerum, a hand full of Strawberrie Leaues, a hand full, of uiolett Leaues, putt in pepper, ginger, Salt, as mutch, as will Season itt, Soe mingle ye things aforesaid and blood to geather, and Shreed ye fatt uery Small, and Soe make them, this is the quantity, for the blood, of one hogg. - - - - - - - - - - - - - -

To make Toasts - - - - -

Cutt penny Loaues, in round Slices, and dipp, them in halfe a pinte of creame milke, or colde water, then Laye them abroade in a dish, a beate three eggs and nutmegg, and Suger, with the creame, then melt Some butter, in a frying pann, and wett them in the creame, then Laye the wett Side to the pann, then power the creame, on the rest, in the pan, and Soe frye them, and Searue itt in with rosewater, and Suger, - - - - - - - - - - - - - - - - -

To make a Salmon, coulor, in the boyling - - - -

Take a gallon of water, and putt to it, a quart of wine, or uineger, or uerjuice or Sower beare, and a few Sweet hearbes, and Salt, and Lett the Liquor boyle eastreamly, and hold it by the taile, and dipp it in and out 12 times, and it will make it coulor, and Soe boyle it till it be tender - - - - - - - - -

To make an Allmond Cadle - - - - -

Take 3 pintes of Ale boyle it with cloues, mace, and Sliced breade in it, then haue in readiness beate, a pound and halfe of almonds, blanched, and Straine them out, with a pinte of whitwine, and thicken the Ale with it Sweeten it as you please but be Sure, you Stirr it well, when itt is boyling - - - - - -

To roast a Fillett of Veale - - - - -

Take, and Stuff it with beefe Suett, Season itt with nuttmegg, Salt, 2 or 3 egs mix them, with the Sewett, Stuff it and roast it, and make grauy Sauce, with Some Juice of orringe. - - - - - - - - - - - - - - - - - - -

To pickell. pursland. Stalkes - - - - -

When they are washed, and cutt in peeces, 6: inches Longe, boyle them in water, and Salt, a dozen, walmes, when they are taken upp drayned, and cold, Lett ye pickle be Stale beare, and wine uineger, a hand full of Salt, Soe put them into youre, uessell, - - - - - - - - - - - - - - - -

To Pickle Barberries redd - - - - -

Lett ye water boyle, a walme or two, Lett ye pickle, be of whitwine, and uineger not to Sharpe, Soe put upp for ye use, - - - - - - - - - - - - - - -

To pickle Samphier greene - - - - -

Take ye Samphier fresh, and pickle it, with water, and Salt, when you haue occasion to use it, take Some of it, and throw it into boyling water, and allthough it hath Lost its culler, yett: 6: or 7 walmes, will make it Looke, as greene as grass, draine it, and coole it, and putt it in whitwine, uineger, for ye use - -

A trew receipt of the pounded hare pye - - - -

Take two hares, and bone them, and mince them Small, then putt to it one pound of beefe Suett, and one pound of Larde, mince that, and incorporate it with the hares, then put to it time, winter Sauory, and marjerum, which must be Shred uery Small, then Season it with cloues, mace, pepper, according, to the pallett, take a pound, and halfe of fatt bacon, or Larde, and cutt it in Squares, the Lengh of a finger, Laye it betweene the Layns of meate, and on the topp and bottome, as you Laye itt in the crust. - - - - - - - - - - - - - - - -

To Solt Bacon hams - - - - -

Cutt ye hams, and make a brine, with baye Solt, and pump water, put ye Solt in the water, when on the fiar, and make it to beare an egg, and Lett it boyle, a quarter of an hower, Scum it, then take it off, and Lett it Stand 24 howers, then put in ye hams, Lett them Lye couered in the brine 9 dayes, then take them out, and boyle ye brine, and Scum it, if it be not Strong enough, put in more Salt, when cold put in ye ham as before, and Lett them Lye, 9 or 10 dayes more, then take them out, rubb them well, with, baye Salt, being pounded uery Small, then hang them in a chimney, in wood Smoake, not to neare the fiar, this you maye doe beefe, and tongues, the tongues, must not Lye, in the brine, aboue a weeke att first, and as mutch, the Second time, hang the beefe in the winde, or in the Smoake as before, Salt peeter Salt, is uery good, and Spanish Salt, is good and mutch cheaper, cutt ye gamons, Long as wast phallia, pull the bone Streight as you can, when you boyle, ye gamons, you neede not, water it att all, but wash it uery cleane, and put it into ye water, while the water is coole, with haye, under it, couer it, and Soe Lett it boyle, uery Leasurely, Lett it be Soe tender, that you may thrust, one of the hayes into it, then take out most of the water from the bacon, else you will haue mutch adoe, to take upp the bacon, as you haue taken it upp take a cleane woollen cloth, and wett it with Some of the Liquor, that the bacon was boyled in, then rubb the cloth, on the Sides, of the kettle, then rubb the bacon with it uery well, as harde as you can, from breaking it, then take an other cloth, and rubb in it, it will not black ye fingers, to press it Laye a boarde on it, with a Light weight, Soe that you doe not breake it, it must be boyled, on a wood fiar, putt the bottome of a Sieue, under the haye, when you boyle it, and under the bottome of the Sieue, for feare of breaking of the gamon, in taking itt upp -

To Pickle Cowcombers - - - - -

Take cowcombers, and Laye them 24 howers, in running water, then take to 100 of them, 10 races of ginger, halfe an ounce of pepper, and the best, whitwine wine uineger, three quartes, as mutch Spring water, bruise the pepper, Slice the ginger, boyle, all this togeather, in a kettle, with Salt, as you thinke fitt, when tis cleane, Scummed, take it off, then take ye cowcumbers, wipe them uery drye when the pickle, is cold, putt in ye cowcumbers, and Lett them Leye, till they be quite yellow, then take them, and boyle them in there pickle, till they turne greene, then take them up, and drye them, in a cloth, when they are through cold, then putt them in there pickle againe, in a earthen pott close Stopped.

To make Creame Bully

Take a quart of milke, and giue it one boyle, then putt it into a broade pan and Stirr it continually, till it be only Luke warme, then take Somthing Less then halfe a pinte of Sowre creame, with the yeolkes of two eggs, well beaten and putt them into the milke, Still keeping it well Stirrd, then couer it close, and Sett it where itt may keepe warme, for 24 howers, if itt be uery hott weather, Less time Searues, you must be Sure not to Sett it to hott, then take itt and putt itt into a bason with halfe a pound of Sugar, well beaten - - - - - - - - - - -

To make a harse or Friggacy - - - - -

Take rabitts, chickens, pidgons, pulletts, Lamb, or mutton, cutt either of these in peeces, frye itt browne, then take a brass dish, or pann, ouer the fiar, with a quarter of a pound of fresh butter, burne itt a Little black, keepe it Shaking with a Little fine flower, then put to it 3 pintes of Strong broath, if you haue it, if not water, add to itt onyons perseley, time, Sweet marjerum, minced uery Small, 4 or 5 Slices of Lemon, 4 Anchouis minced, Season itt with pepper, and Salt, a Little whole mace, then putt in the meate, Lett it boyle upp, you may add to itt Sweet breads Lams Stones, cock Stones, and combs, and forst meate, take a quart of oysters, Likewise the bottome, of hartychokes, Sparragrass, greene pease, if a harsh, you may add capers, if friggacy, grabes, or goosberries, all this done, beate: 6 yeolkes of eggs, with as mutch uineger, as you thinke fitt, with a nuttmegg, and halfe a pinte of rennish wine, Soe toss itt upp, all togeather, dish itt uppon Sippetts, and garnish itt with Lemon, and orringe, and flowers, Soe Seaue itt upp - - - - - -

To make a generall Sauce, for Flesh, Fish, or Fowle - -

Take onyons and Anchouis, minced uery Small, putt it into a Sauce pann, wth halfe a pinte of uineger, a Slice, or two of Lemon, a Little pepper, a Little grauy, a Little oyster Liquor, boyle itt to: 6: Spoone fulls, add as mutch Sweet butter as you thinke fitt, and keepe itt Stirring, till all the butter, is melted, according to ye neede, you may add to itt oysters, parseley, boyled and minced, or musherums - - - - - -

To make pancakes the cort way - - - - -

Take a pinte of creame, 4 eggs, beate them well, one nuttmegg grated, a quarter of a pound of melted butter, and as mutch flower as will make itt into thin batter with Salt, and Soe beate itt well to geather, and frye them, with a Little butter - - -

To Sowes a Sucking pigg - - - - -

When he is Scalded, cutt him downe, the back, and cutt of the head whole and take all the bones out, then Laye him in with a Little water, and Salt, one daye, and night, then take him out, and drye him well in a cloth, then take a fewe Sweet hearbes, and Shreed them very Small, and Slice a nuttmegg, and Slice a nuttmegg, and a Little race of ginger, and Season it to y^r taste, with Salt, Soe role itt upp in collers, and Sweeth itt upp, with broade Filletting, and then boyle it in water, and Salt, and vineger, Lett itt boyle till it is Soe tender, that you maye thrust a reade into itt, but the head must not boyle Soe Long, then take out the meate, and putt in a Large mace, and Lett the grauy boyle, a Little Longer, and when you take itt of, putt in 3 or 4 Slices of Lemon, and when it is cold putt it in -

To Coller an Eill - - - - -

Scower him very well, and Slitt him downe the back, and take out the backbone then wash him very cleane, and drye him in a cloth, then take marjerum, time and a little, Sage, chopp them very Small, then take mace, nuttmegg, and a Little pepper, all pounded, and Soe mix the hearbes, and Spices, all to geather, and Season itt with Salt to y^r discretion, take out the bones of the heade, and Soe putt the tayle, and the head to geather, in the middle, Soe role it upp, and tye itt, with a pack threed, Soe boyle him in water, and Salt, and Vineger, and a Little whitwine with a Little whole mace, and a Little whole pepper, Soe boyle itt, till it be Soe - tender, as to putt a reade into itt, then Lett itt Stand all to geather, - - - - - - -

To Pickle orringe, Pills

Take the pills, and pick out the midell, Laye them in water two dayes, then boyle them in viniger, and Suger, and keepe them couered, while they boyle, Lett them be very tender, and Soe keepe them, in one Liquor they, was boyled in - - -

Diuers Sauces for mutton - - - - -

1 Grauy, capers, Sampere, and Salt, Steve them well to geather - - - - - -
2 water, onyons, clarett wine, Sliced nuttmegg, and grauy boyled upp - - - - - -
3 whole onyons, Stewed in Strong broath, or grauy, white wine, peper, capers, mace, 3 or 4 Slices of Lemon
4 mince a Little roast mutton hott from the Spitt, and add to that, Some chopt, persely an onyon, vineger, ginger, and pepper, and Steve itt very well in a pipkin, Searue it under any Joynt, with Some grauy - - - - - - - - - - - - - - -
5 onyons, oyster Liquor, clarrett, capers, or broome buds, grauy, nutmegg, and Salt, to geather
6 Chopt perseley, verguce, butter, Suger, grauy, boyled to geather, - - - - - - -
7 Straine pruins, wine, and Suger - - - - - - - - - - - - - - - - -
8 Whitwine grauy, Large mace, butter, thickned, with 2 or 3, yeolkes, of eggs
9 Take oyster Liquor, and grauy, boyled to geather, thicken it with eggs, verguce Juice of orringe, and Sliced Lemon ouer itt - - - - - - - - - - - - -

To make chicken pye

Take 6 chicken, trussed for baking, Season them, with cloues, mace, nuttmegg cinamon, and Salt, roule upp Some of the Seasoning in butter, and putt in

there

To make Elder Wine:

Take twenty pound of good Malligo raisons, pick and rubb them cleane but not Wash them; put to it 5 gallonns of Water, let it Stand together 10 dayes Stirring it once a day, then put to it 3 quarts of the juice of Elderberryes being drawne off in a Skellet of Water, as is vsuall for jelloyes, Stir it well together and Strayne it through a haire range, then tunn it into a Vessell, and when it has done Working, Stopp it close and let it Stand in a warm place, in 5 or six Wookes time this proportion may bee boiled: the berryes must bee through ripe but not rotten and never gather any till the michelmas Wooke:

Mrs Broughtons Lemmon Creame:

Take a Pint of Spring Water, halfe a pound of Double refind Sugar, boyl it and then take it of the fire, and put in the juice of 3 lemmons: let it Stand to bee cold, take the Whites of 3 or 4 eggs obtain with some of the Water and juice; then put it over the fire, stirring it constantly till it is readye to boyle: then take it of the fire, having ye vapor made ready with some of the Silk cut Small; ye must soyle ye Silk in water before ye cut it, Strain ye cream into ye vapor, and keep it warm till it settles, ye must make it 2 or 3 dayes before ye vse it; Strain it thro a Cambrick or thinn Scotch Cloath:

Mrs Mothers Receipt to make Spanish Butter

Take 4 quarts of New Milke and one of Cream, boyl them together with a Bundell of Mace, when it boyles power it into a pann and keep it Stirring, till it is as cool as power milke from the Cow, then let it Stand till next day, or long ye please; when ye are to vse it, take the Cream off thick as ye can, put to it one good spoonfull of Sack, and some Sugar, then whipp it with a Whisk till it bee soe thick as to pyle vpp; but if ye whipp it too much it will runne to Butter and Butter milke:

To make Flammery: Mrs Gascoins Way:

Take Cut Veal, that is ground Small or pounded in a mortar, one quart; put it in an earthen Pot with 2 quarts of Water, change it twice a day, that is pour of the Water as long as it runs clear, then Strayn it into a pipe, adding as before 2 quarts of fresh water, set it on a slow fire constantly Stirring it, for halfe an howe or more, till it parts from the Skellet ye boyl it in then power it of quick into Cupps and dishes:

A Lemmon Creame:

Take half a pound of refined Suger: to a quarter of a pinte of water: and Lett itt melt on the fiar: when itt is Cold: putt in the Crust of: 3: good Lemonds: with the Juice of one more beate very well: wth the whites of: 4: Eggs: then Straine itt through: a hollen ragg: Keepe itt Stirring over the fiar: all one way till it be thick enough butt nott White: you may putt in a Little orrange flower water and then putt itt in to a Cleare bason: with some thinn: Slices of Lemond pill - - -

There bellys, Laye them in, putt ouer, and between them peeces of marrowe quartered dates, with a Sliced Lemon, and halfe a hand full of barberries, Striped Soe putt on butter, all ouer the topp, when itt is baked, make ready ye Leare, wth white wine, Suger, grated nuttmegg, and beaten upp, with the yeolke of an egg and a Little butter, when you drawe, out the pye, cutt him upp, power, the Leare, all ouer, and Shake well togeather, and Searue itt upp - - - - - -

To make a Calfs head pye - - - - -

You must cleaue, ye calfs head, wash the cheekes, uery well, when it is all most boyled, and cold, cutt itt in peeces, of the bigness, of a greate oyster, then take a quantity of time, Sweet marjarum, rosmary, perseley, mince, them Small togeather, putt it to ye meate, with a Little pepper, Salt, cloues, mace, nuttmegg, Season, itt with Some Slices, of bacon, cutt uery thin, with pepper, Sage Season, a hand full of oysters, with the Same, the pye being made, putt in the meate, with the bacon, and oysters, all ouer itt, Slice one Lemon, and putt a hand full, of barberries, with butter, all ouer itt, Close ye pye, make ye Leare with grauy, drawne upp, with clarrett, wine, beaten thick, with 3 or 4 yeolkes of eggs, a Little butter, when itt is baked, open, ye pye, power itt all ouer - - -

To make a Quaking pudding - - - - -

Take a pinte, or more of thick creame, 10 eggs, 3 whites, beate them, uery well to geather, with two Spoonfulls, of roswater, mingle with the creame, three Spoonfulls of flower, mingle itt well to geather, that there be noe Lumbs in itt then Season itt to ye taste, then butter, a cloth, uery well, and Lett the cloth be thick, Lett itt boyle halfe an hower, as fast as you can, then take itt upp, ye Sauce is butter, roswater, Suger, you maye, blanch Allmonds, and Stick them on the topp

To Pickle Coucombers - - - - -

Putt them into an earthe pott, Lay first a Laye of Solt, and dill, then a Laye of concumbers, Soe till they be all Layd, putt in Som, mace, whole pepper and fennell Seeds, acording to ye discretion, then fill itt upp with uerjuce, put a boarde with a Stone, uppon itt, to keepe them within the Liquor - - -

To dry neats Tongus - - - - -

Take Salt, bay, beaten uery fine, and Salt peeter, of each a Like, quantity, rubb ye tongus, uery well with itt, and couer them, all ouer, with itt, and as itt wast putt on more, and when they are hard, and Stiff, they are enough then role them in brann, and drye, them, before a Soft fiar, and before you boyle them, Laye them all night, in pump water - - - - - - - - - - -

To make white meade the best waye - - -

Receue 5 gallons of water, of buglas, Sweet bryer, burrage, of each 2 good handfulls, of duble uioletts as mutch, you please, Sweet marjorum time, of each a good handfull, of rosmary 2 or 3 branches, of cynamon, halfe an ounce, two nutt meggs, 3 large mace, pretty Store of ginger, boyle ye heartes in the water a Little then cleare itt from the heartes, into acleare uessell, and when itt is cold, then putt honey into itt, till itt will beare an egg, the breadth of a grate, to keepe halfe a yeare, Sixpeny bredth, for a whole yeare, butt 3 peny breadth, will make uery good mead, then boyle itt, with ye Spices a good a good while, the next morning turn it upp, keepe itt close Stopped, and giue itt Vent 2 or 3 dayes following.

To make meade - - - - -

Receue balme topps, rosmary, penneroyall, broad time, as mutch as you can grige, in ye hands of they togeather, boyle them in 6 gallons of water, then take of the water, and Lett itt Stand till it be cold, and power itt then cleare from the heartes then take 6 quartes of honey, and Lett itt dissolue in the water, then take one ounce of the best ginger, a quarter of an ounce of cloues, 3 nutt meggs an ounce of cynamon, bruise all these to geather, and putt them into a bagg boyle them in the water, and honey, and take halfe an ounce of Sweet fennell unbruised and boyle in itt well, and Scumm itt uery well, and cleare, then Lett itt Stand till itt be thrue cold, and then putt it in ye barrell, take from itt all the bottom, and power in the cleare, if you please to drinke itt presantly, then putt to itt a Little of the best Ale barme, you can gett, if you keepe itt Longer then putt none, untill you drinke itt, if itt tast not of the Spice, you maye hang a bagg of any Spice, that you best Like. - - - - - - - - - - - - - - - - - -

To make white metheglin - - - - -

Receue 6 gallons of water, putt in to itt rosmary, time, Sweet marjerum, Sage and winter Sauory, of each the quantity of a handfull, Lett the water boyle gently, to giue them a relish, itt must not boyle to Long Least itt turne browne then take itt off, and Straine itt, and Lett itt Stand till itt be cold, to euery gallon, a quart of honey, mixed uery well, untill the honey be dissolued, if you will keepe itt half a yeare Lett itt beare an egg, the breadth of foure pence, then boyle itt till the Scumm arise, cleare from itt, then take itt off, and Straine itt, and Lett itt coole, putt 12 Spoonefulls of yeast, then putt itt into the barrell: you must putt 4 or 5 races of ginger, and Sticks of cynamon, halfe an ounce of cloues putt all these into a bagg, and putt itt into the barrell, and Lett itt remaine with the metheglin. -

To make metheglin, that is white - - - - -

Take 2 gallons of hony, 10 gallons of water, cloues, cynamon, halfe an ounce of each, one nutt megg, two Leaues of bayes, one Sprigg of rosmary, and a handfull of wild time, the heartes must be bound to geather, the Spices, beaten, and putt into a bagg, Lett the water, be blood warme, then putt in the honey

Stirring

Stirring itt till itt be quite dissolued, then Lett it boyle halfe an hower, and Sett itt to coole, and when itt is cold putt a poonfull of Ale barme, and Lett ittworke 24 howres, then putt it into ye caske, and Lett itt Stand a fortnight, or three weekes, then bottle itt, throwing awaye the hearbes, putting the bagg of Spice in the caske, -

White Mead - - - - - -

Take a gallon of water, and a quart of honey, to 10 gallons, 2 ounces of ginger an ounce of nuttmegg, bruised, and putt into a bagg, and Soe boyled in ye mead, Lett itt be Scummed very cleare, then putt in these hearbs when allmost boyled, rosemary, Sweet bryer, marjarum, egremony, of all these, Soe boyle itt and when it is cold barrell itt, and att 6: weekes end, bottle itt - - - - - - - - - - - - - -

White Mead - - - - -

To every gallon of water, halfe a pound, of honey, and halfe a pound of Suger - when the honey, and Suger, is melted, Sett itt on the fiar, Lett itt boyle, and as ittboyle for an hower, power Softly Somtimes, a Little cold water, to raise, the Scumm, - - Scumm itt cleare, and putt to itt a Little wild carrett Seed, a Little Lemond pill, take itt off the fiar, and putt itt in a Vessell, when itt is blood warme, then Spread, a browne toast, with good Ale barme, putt itt into ye meade, before you putt itt in Squeese to ye meade, the Juice of a Lemond, if 4: gallons, couer itt close, and: 8: dayes, after bottle itt, -

To make white Mead

Take Spring water, and boyle itt well, with the topps of rosmary, Sweet bryer, bettony, Strawbery, leaues, wall flowers, burrage, buglas, take of each one good handfull, and two or three topps of redd Sage, then take itt off the fiar and putt in, a raw egg, Shell, and all, into itt, and power in Soe mutch of the best, white honey of the first, running, untill, the egg riseth to the topp, then boyle itt againe, and Scum itt very well, and Soe Lett itt coole, then toon itt itt upp, putt a Little barme to itt, to ferment, then Stopp itt upp, with Sutch Spices as you Like best, itt will not be fitt to drink under three weekes - - - - - - -

To make Cock Ale - - - - - -

Take an ould cock, and parboyle him, and pull off his Skinn, and beat him in a morter, and then Steep him all night, in two quarts of the best Sack, and then putt itt into: 8: gallons of Ale, before itt hath done working, with 4 pound of Sunn reasons Stoned, and beaten Small, with a quarter of a pound of dates, and halfe a quarter of a pound of cloues, and mace, bruised with a nuttmegg, Sliced, and a race of ginger, with one orringe, and Lemond, cutt round, putt all these ingrediences, into a boulter bagg, and Stopp itt upp close for ten dayes then bottle itt upp, itt must Stand a fortnight, in the bottles then you may drinke itt

Corrant Wine - - - - - -

Three pound of currants bruised, in a cleare morter, being picked and Stript

one pound

To Make Ratifia.

Take a Gallon of Good Brandy put it into a Square Glass Bottle, then put into it 200 Apricock Stones Broken, but do not Crack y^d Kernels, put the Shells & all into ye Brandy wth a quarter of an ounce of Cinamon & a pound of Sugar Candy. both these Last must be a little bruised. Mix all these Well together & let them Stand in the Sun Six Weeks Stirring them 3 times a day. You must be Sure to take it in every Night, & as often as it rains When it has Stood Six weeks, take it in, & let it stand 6 days without Stirring. Then Pour off all ye Clearke very Softly & Put all The Bottom into a clean glass Bottle & as it clears poure it to the other.

N.B. When you put in the Apricock Stones you must put in 3 Dozen of Apricocks clean pared

You make the Orange Flower Brandy the Same way exactly, only Orange Flowers Instead of Apricocks.

Usquebagh

Take a good quantity of Rosa Solis and put it into an Alembick with Strong Ale. Draw off 4 Quarts of Spirit. Then put it into the Alembick againe with 2 quarts of Brandy, & one Gallon of Strong Ale & the Same Quantity of Rosa Solis as at first, with one pound of Coriander Seeds, 8 ounces of Aniseed, 4 ounces of Liquorish, One Pound of Sun Rasins Stoned, Dates, & broad Nit figs of each Six Ounces, Nutmegs, Cinamon & Ginger of each One Ounce, Saffron one Shilling's Worth. Put your Rosa Solis first then the Seeds a little bruised, then the Spice, & the Saffron last. Let it drop on White Sugar Candy, or Loaf Sugar with Ambergrise or Musk hanging in the Bottle.

If it be drawn in a Cold Still the last time it will be much Pleasanter to the Palate

One pound of Suger, and one quart of water, Steepe itt 24 howres, runn the Liquor through a hayre cloth, then putt itt into an earthen pott, close, couered for a fortnight, or three weekes Stirring itt Seuerall Times, the first 24 howrs att the three weekes end, drawe itt out into bottles, tying downe the corkes, and in three weekes time itt will be fitt to drinke - - - - - - - - - - - - -

Cloue Gillifloweer Sack - - - - -

Take two quartes of Sack, putt into itt 300 Cloue flowers, that are cutt from the whits, putt in two pound of fine Suger, Sett itt in a glass, in the Sunn, close couered, and Lett itt Stand 30 dayes, Stopp itt with a corke, then tye on itt a peece of bladder, when you Sett itt in the Sunn, then Laye a flatt Stone atopp to keep itt from being throwne downe, the Suger will be all melted, in this time, if itt Stand on Leads, and when the 30 dayes is ouer, Straine the gilly flower from itt and putt upp the Sack in bottles - - - - - - - - - - - - - - - - -

Cowslipp Wine - - - - -

To 6 gallons of water, putt: 7: pound of Loafe Suger, Stirr them well together and Sett itt on a cleare fiar, and Lett itt boyle, three howres, then haue ready in a tubb, a bushell of picht cowslipps, and power the water, to them, and Laye clothes on the topp, Soe Lett itt Stand twenty foure howres, then take a Little of itt and heate itt, to warme, all the rest, when itt is of a good heate for the working, cutt a manchett, in Slices, and Spread, them ouer, with barme, and putt them into the Liquor, Soe Lett itt Stand and worke, till,

To make Cherrie Wine - - - - -

Stone 6 pound of cherries, to which quantity, take, one pound and halfe of Suger, and dissolue itt in a pinte of Spring water, ouer the fier, then putt in the cherrys, and Lett them boyle, a quarter of an howre, and haue a great care itt burnes not, then take them off, and putt them into an earthen pann and Lett them Stand till they be quite cold, then Straine the Liquor through a fine range, then bottle that Liquor, butt doe not corke itt in three dayes, putt in to itt a little Loaf Suger, and after itt hath Stood: 3 dayes, corke itt downe harde this is excellent pleasant wine, and will keepe all the yeare, Scrape Suger, on the cherries, and drye them in the Sunn: - - - - - - - - - - - - - - - - -

To make Cowslip Wine Mrs Constantines Way:

Take three Gallons of faire water (if y can get it Spring water) put to it of the best Powder Sugar six pounds, boyle those together half an hour or better as the Scumm rizeth take it of, then poure it forth and set it a cooling, when it almost could take a Spoonfull of Yeast, beat it well with six ounces of Juice of Lemons and brewing it vppon and down with a dish of the Liquor, then take a Gallon of fresh picht Cowslipps and put them into it, but first bruize them in a Stone Morter when y have put it together let it Stand two or three dayes, and then Strayne it out, put it into a Cask that it will just fill and when it have done working, close Stop it vpp close, and in a month or 5 weeks time it will be fit to bottle out, put into each bottle a Lump of Sugar:

Cakes..Bisketts..Gellys..Presearving, and Canding..

To make Cakes of Allmonds - - - - -

Take one pound, and halfe of fine flower, of Suger 12 ounces, beaten uery fine, mingle them well to geather, then take halfe a pound of Allmonds, blanched and grind them fine in a morter, then Straine them with as mutch Sack as will mingle the flower, Suger, and allmonds to geather, make a past, bake them in a ouen nott to hott -

Allmond Cakes - - - - -

Take a quarter of a pound of Allmonds, and blanch, in cold water, then take the whites of two new Layd eggs, and beate them with two Spoone fulls of ros water beate ye Allmonds, in a Stone morter, with two Spoone fulls of ros water, when you haue beaten them uery well, as for march pane, putt in Some of the froath of ye eggs, and beat with them, when they be Soe Small as for march pane, putt in halfe a pound, of duble re fine Suger, beaten uery fine, and Searced, through a tiffany, then beat itt all to geather, and make itt into Little paste, and role itt in ye hands and Laye itt on a plate, and cutt itt as you please, and Laye them on a paper, Sett them, into an ouen, after they haue drawne, manchetts, when they be Soft, take them out to drye in a Stoue. -

To make a uery good Cake. Mrs Buttonewy

Take halfe a pound of Suger, 3 pound and halfe of flower, dryed Searced twice, 2 pound, and halfe of currants, halfe a pound of raisons, Stoned, halfe a pinte of rose water, a pinte of Sweet creame, one pound of Sweet butter, halfe a pinte of Strong Ale barme, make ye creame boyling hott, putt in ye butter Lett itt Stand off the fier till ye butter be melted, beate the yeolkes, of 10 eggs uery well, mingle them with your barme, halfe ye ros water, ye halfe pound of Suger, creame, and butter, putt in your flower in a wooden boule, or traye, and make a Large hole in the midle of the flower, Straining in ye Liquor, Strowe on itt halfe an ounce, of beaten mace then Strowe Some of the flower, on the mace, Lett itt Stand warme till itt hath worked ouer the flower, then mingle itt and putt in the currants, of which, must be washed, and uery drye, and the halfe pound of raisons, worke itt upp uery well, and and Laye itt on a buttered Sheet, of white paper, and browne, paper under itt, ye ouen must, be of a uery good temper, not to hott nor to cold, itt must Stand in one howre, if ye ouen be to hott take downe the Lead, att the howres end haue whites of eggs, and the rest of the rosewater, and a quarter of a pound of Loafe Suger, Serced on itt, Lett itt Stand in the ouen, a quarter of an hower, after-

To make orringe Cakes - - - - -

Take 12 faire orringes, with out Spotts, pare them, cutt them in halfes and wring out the Juice into a cleare dish, with ye knife take out the pill the meat, and putt the pill into, a good quantity of water for an hower, then Sett them,

them on the fiar, in a Skillett of cleane water, and Lett them Seeth till they be allmost tender, then putt in 12 faire pippins, Lett them boyle with ye orringes till they be uery tender, then take and pare them, and cutt off all the meate from the coare, when ye orringes are uery tender, take them out, and draine the water from them, then waigh ye orringes, and ye pippins to geather, to euery pound putt a pound and halfe of the best Loafe Suger, then beate ye orringes, and pipins in a morter, then putt them in a dish, and Sett them on, a chaffing dish of coales and with a Spoone Stirr them continually, till they begin to drye, then Sett your Suger in a Skillett, with as mutch water, as will wett ye Suger, and noe more then Lett itt boyle, Scumm itt uery cleane, when you find itt candy uery mutch, putt itt into ye orringes, and pippins, mingle itt uery well to geather, then Laye itt on pye plates in cakes, or Leaues, and Sett them in a cubbard, uery neare, the fiar, in three, or four dayes after, turne them on cleane plats, and Lett them Stand till they be drye - - -

To make Amber Cakes - - - - -

Take 2 pound of the best dubble, refind Suger, beat itt Small, Sift itt through, a fine Siue, then take the harde out Side of a quarter of a pound, of carded Lemond and cutt itt uery Small, putting itt to the Suger, which you must mingle into a pott with the Juice of Lemond, desoluing in Some of the Juice, halfe a graine of muske, and as mutch Amber, greece, when the past is well mingled, which must not be made to wett, take cleane white paper, and role itt with ye hands, into Long roles which must not be uery thick, cutt them in Little peeces, and make itt betweene ye fingers, into Little round cakes, about the breadth of 3 pence, they must be Layd on a white paper one by one, and Sett in a uery drye place, either neare the Sunn or by the fiar, if you find them pretty dry, after a day, and a night, turne them otherwise they are apt to Stick to the paper, when you find them throughly drye, putt them, in a box, or where, you please, they will keepe Soe, - - - -

To make a Cake. - - - - -

Take to halfe a peck of flower, a pound of butter, breake the butter in peeces and mingle itt well with the flower, then putt three pound of currants pickt and washed cleane, and dryed well with a cloth, putt them into the flower, then putt a quarter of an ounce of cloues, and mace, pounded Small into itt, a race, of ginger, and a nuttmegg, beaten Small, a hapeth of Saffron, take a Little Salt and make itt Small with ye knife, halfe a quarter of a pound of Suger, foure Spoonfulls of rose water, 4 Spoonefulls of barme, as mutch Salt as you thinke will Season itt, then take a pennyworth of milke a quarter a pinte of Sack and a quarter a pinte of Stale Ale, mingle the Sack, and Ale to geather, make the possitt with itt, then make the dowe with the possitt, make itt as Stiff as for manchett, before you make the dowe, keeke a Little flower barme and butter, and mingle that by its Selfe, to make a case to putt the other in the ouen must be as hott as for manchett, mingle the Saffron with the Same of the possitt, then putt it to the other things - - - - - - - - - -

To make a Cake - - - - -

Take 3 pound and halfe of fine wheat flower, well dryed in a ouen, a pint of creame, halfe a pinte of rose water, the yeolkes of 8 eggs, a pound of butter, melted putt the creame to itt Lett itt boyle to geather, one walme or two, then take itt off the fiar and Stirr itt till itt be allmost cold, then putt in the eggs, and rosewater putt to the flower, a pennyworth, of cloues, and mace, a graine of muske, and Soe mutch Amber greece, a quarter of a pound of powdered Suger, beaten very Small, then make a round hole in the flower, being in a milke pann, putt in three quarters, of a pinte of the best Ale barme, being neve, then putt in the creame, and other things, you mingle to geather blood warme, cover itt close and Sett itt to the fiar, and putt hott embers under itt, and round about itt, Stirr itt a Little with one finger, then Sprinkle a Little of the flower, allouer itt, taking itt from the Sides of the pann, Soe Lett itt Stand one hower, till the barme be risen, all ouer itt, then take itt from the fiar, and by degrees neade itt, and as you doe itt Lett one Sprinkle, three pound of corrants, on itt, washed, and dryed before the fiar, and halfe a pound of raisons of the Sunn, Stoned, and cutt Small then make itt upp, and Sett itt into the ouen, as Soone as you cann, when tis all-most baked, take itt out, and Ice itt, with halfe a pound, of duble refind Suger beaten well with the best rosewater, one graine of Amber greece, one of musk you must be beating the Icing, all the while, the cake is baking, doe itt with a brush, all ouer, then putt itt into the ouen againe, till the ice be risen, then-draue itt, eate itt hott or colde, youle Saye its, a very good cake, Lett the currants be picked, washed, and rubed drye, with a cloth, then Sett to the fiar, and dryed upp in a pann, and Soe putt hott into the cake - - - - - - - - -

To Ice a Cake - - - - -

Three quarters of a pound, of dubble refind Suger, the whits of 3 eggs, a Little rosewater, beate these to a froth, then weett the Suger with itt, beate an hower and halfe, add musk, or Amber greece, as you will, putt itt on with a feather, as Soone as out of the ouen, putt itt in noe more - - - - - - - -

To make a good Cake,

Take three pints of fine flower, and of butter, one pound, and two pound of corrants, halfe a pinte of Ale barme, and halfe a pint of creame and a quarter of a pound of Allmonds, blanched, and finely beaten with rose water, 6 eggs, two whites taken out, and nutt meggs, and a glass of Sack, aquar=ter of a pound of Suger, crumble ye flower and butter to geather, before you putt itt into, worke in halfe a pound of carrawaye comfitts, you maye bake itt an hower, and halfe, ye ouen, must be hotter then for manchett - - - -

Puff Cakes - - - - -

Take halfe a peck of flower, and two pound of corrants, a pound of Suger

two nutt meggs

Two nuttmeggs, and a Little cloues, and mace, butter, mingle all these well to geather, putt in a Little Salt, take a pound and halfe of butter, boyled in milke butt before you putt in that, putt in a Little cold milke, then putt in a Little of the hott, then putt, in a pinte, and halfe of barme, then worke itt all to geather, uery well, then putt in as mutch of the hott Liquor, as will make itt uerry tender, all most as tender, as you make, a pudding, and Soe make itt upp, with flower, and putt itt on papers, and driue itt uery flatt, and Lett ye ouen be Soe hott, as for pys, and they will be reddy in Little more, then halfe an hower, - - - - - - - - - -

To make Perfumd Cakes, to burne - - - - -

Take: 100: damask rose budds, clipp the whites of them, pound them uerry Small, in a morter, and beate, into them halfe an ounce of Storax, one ounce of benjamen, with a quarter of an ounce, of Labdanum, and when tis well tem pered, and mingled to geather, putt to itt one graine of musk, ready pondered then make them upp in cakes, and Lett them drye in a paper, in a Sunny window turne them once if need be, they be cheap, and uery good perfumes - - - - -

To Ice a Cake - - - - -

Take the whits of: 3: or 4 eggs, and whisk them to a Light froath, then fine Loafe Suger Searced, as will make into past, then with a Spoone keepe beating itt, putting in now, and then, a Little rosewater, till be of a fitt thinness, then drawe ye cake to the ouens mouth, with feathers, Ice, him ouer, then putt him in a Little to drye -

To make the Little plum Cakes - - - - -

Take a pound, of fine flower, and drye itt, a pound of Loafe Suger beaten fine, mingle the flower, and Suger to geather, then take a pound of fresh, - - Sweet butter, wash itt in a Little rosewater, then worke itt with ye hand, and Strowe in Some of the flower, and Suger, Still working itt, till halfe of the flower, and Suger be in, then take: 6: egg, butt halfe of the whites, beate the eggs, and putt them to the butter, then worke in the other halfe of the flower and Suger, then add three or 4 Spoone fulls, of rosewater, a Little beaten mace and three quarters of a pound of corrants, washed, and picked cleane, then fill ye tinn panns halfe full; they must be well buttered, and Sift Some dubble refind Suger on the topp of them, then Sett them, into a pretty quick oven, - - - - - - -

A receipt for Cheese Cakes

Take a pint of creame, and make a thickning with flower, and make itt as you would for papp, then putt a peece of butter, and Stirr itt well in, when you take itt off the fiar, then putt itt a cooling, and before itt is cold, putt to this 14 eggs, 4 of the whites, then beate itt exstrordinary well to geather - then take the curde of 12 quartes of milke, being well wringed from the whaye, then worke in to this all to geather, two pound, and halfe

of

of good Sweett butter, then putt it all to geather, and worke itt mighty well season itt with two grated nuttmeggs, rosewater, and Suger, when they be in the oven, and begin to rise, ice, them over with rosewater, and Suger, and Sett them in the oven againe, - - - - - - - - - - - - - - - - - -

To make perfume Cakes - - - - -

Take 3 ounces of benjamen, Laye itt all night, in damask rosebudds, the whites clipt off, beate them very fine, in a Stone morter, then take the benjamen and beate itt with the roses, till itt come to a perfect peast, then mingle itt, with halfe a quarter of an ounce of muske, finely beaten, as mutch ciuett, mould them upp, in Little cakes, and drye them betweene two damask rose Leaues, each of them, Seauerall, - - - - - - - - - - - - -

To make Corrant Cakes - - - - -

Take a quart of fine flower, and the yeolkes of 4 eggs, a penny weight of Saffron, Strained out with a little creame, into the flower, then putt in a quarter of a pound of Suger, a Little rose water, and as mutch creame, as will worke itt to a peast, itt must be very well worked, ther role itt out as thinn as wh afers, then cutt them in Little round cakes, then haue in readinesse, 2 pound of corrants, cleane washed, and dryed, then Laye Some on a Sheet of ye past, Some of ye corrants, with a little of what Syrrupe you please, then couer them, with a nother Sheet, and close them upp, with rose water, bake them, in a temperate oven, and keepe them as Long as you please - - -

(Mrs Savages way of making a Cake:)

To three Quarts of flowre, take 5 pound of Currans, a pint of Yost, 2 pound and halfe of Butter, a Quart of Cream, ten Yolkes of eggs with halfe there Whites roare a pound of Sugar, a little Salt, halfe a pound of Almonds = Blanch't and beaten, with rose water: Some Carrawey, Seeds Mace and Cinnamon a pretty deale of Citron Slicd, and Some Candied Orange Pills, almost halfe a pint of Malligo Sack, and halfe as much rose water, with 2 grains of Ambergreas, and if y'e like it a little Saffron, molt y'e butter in y'e Cream, and let it stand = till it bee but little better than blood warm, let y'e Currans bee well dryd, then mix all together with a Sticd, it must bee as Soft as pudding and put in a hoop the Ambergreas must bee dissolved in the Sack 2 howers = and halfe will Bake him: - - - - - - - - - - - - - - - - - -

To Make Cakes for Lent: - - - - - - - - - - - -

Take 3 pints of flower put to it 3 quarters of a pound of Currans, one Nutmegg grated, a Quarter of a pound of poudred Sugar or Something more, then have in readinesse some milke, a quarter of a pound of Butter, let it bee bee warme as to melt the butter halfe a pint of strong ale Yost, mix it yt very tender and let it lye before the fire covered for a Quarter of an hower, then work it and rowle it in long peeces the breadth of one hand, for cut it into 3 or 4 peeces, and lay it on a floured paper shape ends to meet in the middle, round together as if it were but one Cake, just lay it, let it lye the oven very hot with melted Butter and Sugar beat well together they will bee bake in Little more than halfe an hower: - - -

Bisketts - - - - -

To make biskett bread - - - - -

Take one pound of duble refind Suger, beaten very fine, and 10 or 11 new Layd eggs, take out all the treads, and one white, then beate ye eggs a Little, then putt in ye Suger, and beate itt constantly for two howres, with a wooden slice, haue in readiness 10 ounces of very fine flower, dryed, and searced, then strowe itt in ye eggs, and Suger, att the two howres end, then Stirr itt well, butt beate itt nott, then putt in two ounces of Annisseeds, well dryed and rubbed, and dusted, Stirr them well in, and take itt upp by Spoonfulls, and Laye itt on plates, being well rubbed, before with a Little butter, Soe bake them ye ouen must nott be to hott, when they are halfe baked Lift them upp with a knife, and Sett then into the oven to drye againe. - - - - - - -

To make Spanish biskett - - - - -

Take 10 eggs, putting a waye two of the yeolkes, and all the treads, putt to them a pound of good Suger finely beaten, and two Spoonefulls of damask rose water, beate them with a Stick, in a siluer, or earthen bason, one hower with out intermition, then putt to itt 10 ounces of fine flower, Searce itt but beate itt noe more, putt to itt a grated nuttmegg, and Lett papers be cutt in readiness, to bake them on, this quantity will make: 6: or 7 dozen of cakes, the ouen being Som what hott, and very cleare, Laye on the batter with a Spoone on the papers, Layd on a trencher plate one by one, Sett them in the houen, as fast, as may be, with a Little thinn peele for the purpose, they that Sett them in Strowe a Little Suger, on them as they goe in, when they are baked enough, as they will be in halfe an howre, Still be Setting in more, those that goe in Last will require more time, because the ouen will be colder, as you drawe them, Laye them on a cleare table when they be a Little cold, they will best, com from there papers, Lay them nott on another for two or three dayes, when the ouen is cleare through in Some flower, if itt burne itt is too hott, if browne itt is well - - - - - -

To make thin Light biskett - - - - -

Take 4 eggs, breake them and take out the treads, butt keepe the yeolkes from breaking, and putt to them halfe a pound of Suger, finely beaten, and beate them to geather about an howre, till they Looke white, then putt in six ounces of fine flower, Stirring itt in, and a few carraway Seedes, or any other, which you Like best, then putt itt by Spoonfulls on Little papers Strowing a Little Suger, on the topps, and Sett them in the ouen one by one, as fast as you can, nott Staying till they be all Layd out, they will Soone be

baked, as you take them out, pull of the papers - - - - - - - - - -

To make Crackling bisketts

Take 4 yeolkes of eggs, and 8 whites, and: 6: Spoonefulls of rosewater beate them togeather, two howers, then take a pound of Suger, as mutch flower, mingle all to geather, and putt itt to the eggs, and beate itt in a Stone morter, if you are Sure to beate itt an howre, fill the coffins uery thinn and Lett not the houen be to hott, Sett them on a paper, and Sett them in the oven, all togeather, as Soone as they be in Sett upp the Stone, - - - -

To make French bisketts

Take 4 eggs, two Spoonefulls of rosewater, beate them togeather a Little while then take halfe a pound of fine flower, as mutch of Suger, both must be dryed and Searced, then mingle them togeather, and putt them into the eggs a Little att a time, keeping itt beating, till itt Looke white, which will be a bout two howres, then butter the plats, and putt itt in, when you putt them in to the oven, dust a Little of ye flower, and Suger on them, - - - - - - - -

To make Prince biskett - - - - -

Take a pound of fine flower, one pound of Suger, 10 eggs, butt halfe the whites, one Spoonefull of rosewater being hott, an ounce of Annisseeds, pict cleane, and a little bruised, a Little Salt beate all this togeather, to a batter one howre, the more you beate itt, the better the bread will be, then take paper dishes, or coffins of Latten, rubb them round with a Little Sweete butter, then putt in the batter, and Soe bake - - - - - - - - - - -

To make biskett Kings - - - - -

Take a pound of Suger, and two pound of flower, a quarter a pound of butter 5: or: 6: Spoonefulls of rosewater, 4 yeolkes of eggs, and whites, well beaten a Little Salt, Annisseed, and corriander Seede, Soe make them of a paste, and and fashion itt as you thinke good, in ringes, or knotts, Laye them on papers, wth flower under, and Soe bake them - - - - - - - - - - - - - - - -

To make the best Ginger bread - - - -

Take a pound of the best Allmonds, blanch them, then beat them uery well, be Sure to drye them with a cloth, before, you beate them, uery Small in a morter, and be putting in as mutch rosewater, as will keepe them from oyling, when they are uery Small putt to them, 3 quarters of a pound of fine Suger and an ounce of Searced ginger, of nuttmeggs, and cyamon, mingle well together and make itt into a paste, mould itt and print itt, be Sure you cast Searced Suger, on the past, as you print itt Lett itt nott Stick on the prints - - - -

Gellys - - - -

A Gelly - - - - -

Boyle a knockle of Veale, and two calues feett, first cleare from filt, and Steeped 12 howres, in faire water, in white wine and Spring water, of each two quarrtes till itt gelly Straine itt into a bason, putt itt in a Skillett cleare from dross - with three quarters of a pound of fine Suger, beaten, a Stick of cynamon broken a nuttmegg, and a halfe in peeces, a race of ginger, pared, and beaten flatt, when itt is melted. putt three whites of eggs, Shells and all, boyle till cleare and hard run itt through a Gelly bagg, 2 or 3 times with a branch of rosmary or two in the bottom, -

Gelly - - - - -

Boyle a Shoulder of Veale, 4 Calues feet, the fatt pict cleare off, and Soked 24 howers in faire water, or more, in tow gallons of water, to halfe a gallon, Strained, when cold take of the fatt cleare, to a quart of this add - two pound of Suger, Som nuttmegg, ginger an ounce, and of cynamon, a - Spoone full of corriander Seed, halfe a pinte of whit wine, as mutch of rose water, boyle all halfe an hower, Skimming cleare, add the whites of 10. eggs beaten, boyle a quarter of an hower more, runn itt through, a Gelly bagg, by the fiar -

A good Gelly - - - - -

Take a knuckle of Veale, and a payre of calues feett, Laye them in water all night to Soake out the blood, then wash itt cleane, and Seath itt on the fiar, in a greate pipkin of water, that will hold 4 quartes, when itt is halfe boyled, putt in a pint of whit wine, Lett itt boyle while itt is hard gelly then putt itt through a Strainer, and Sett a cooling, when cold take of all the fatt, and putt the rest in a Skellett, all butt the druggs, then Sett itt ouer the fiar, when itt is all melted take itt off againe, then putt in itt a Large Stick of cynamon, two nuttmeggs grated, 4 cloues, a Little, Salt, and - Suger, to ye tast, the Juice of two or three Lemons, then take the whits of Six eggs, putt them in Some rosewater, beate them Lightly, and there will arise a froath, on the topp of them, and Soe doe till they be all, beaten to froath, Stirr them well in the Skillett, Lett itt boyle Softly - till itt will Gelly -

A Gelly of Harts horne - - - - -

Take half a pound of harts horne, Shaued, and putt in to a gallon of faire water cold, make itt boyle as Soft as maye be for itt will be white and Soe Lett itt boyle, till all most wasted to two pintes, then power itt

into

Into a bason, all the clearest, and Lett itt Settle a quarter of an howre then cleare itt into another bason, when itt is cold putt in duble refind Suger and a Little Amber greece, and musk in a bagg, when ye Jelly is Scalding hott - then putt in ye Juice of Lemon or orringe to ye taste, either Sweete or Sharpe as you please, and a little rose water, Soe putt itt in a glass for ye use - - - -

To make Jelly of Pare plums

Take pare plums, and putt them into a glass, and Sett itt on the fiar, in a posnett of water, with a little haye betweene the glass, and the posnett, to keepe the glass from breaking, and couer ye glass with a Loose paper, and Lift upp the paper ofter, when you perseaue water to issue out of the plums, power itt into a platter, Standing on a chafing dish of coales, for itt must not be cold, untill you haue made an end, when you haue gotten Soe mutch water, as you will out of them, and boyled itt a quarter of an howre, putt as mutch Suger to itt, made into candy, as will Sweeten itt, be Sure, to haue candy enough, for if you Leaue any itt will Searue another time, after you haue mingled itt, Sett itt, on the fiar, on a chafing dish of coales, and keepe Stirring halfe an howre, then take itt off and Stirr itt a while, to keepe from creaming, till itt be cold enough to putt into boxes or glasses, then Sett itt in Some warme, cubbard, or place, where itt may candy all bertys, or plums may be done in this manner - - - - - - - - - -

To make Jelly of orringes - - - - -

Take the Juice of the orringes, and putt itt out, through a Streiner, then putt itt into a posnett, and there to putt halfe a pound of uery fine Suger and boyle the Same on a uery Soft fiar, Scum itt cleare, and Lett itt Seeth till Sutch time as you See itt growe to Jelly, then take itt from the fiar - and putt itt into glasses, butt couer them not, till itt is cold - - - - -

To make Jelly of Quinces - - - - - -

Take ye Quinces, pare them, core them, and quarter them, then putt them into an earthen pott well gleared, putt to them, a hand full of the coares, and Stopp them upp close with past, then bake them in a oven when they be baked Straine them through a Strainer, crushing them betweene two trenchers, as Long as itt runs cleare, putt to euery pinte of Liquor, a pound or 3 quarters, of a pound of Suger, beate ye Suger, uery fine, and Lett itt dissolue, in the Liquor, then Sett itt on the embers, till the Scum arise, when the Scum is risen, boyle itt a Little, continually Stirring till itt begin to Jelly, then putt itt into boxes, or glasses. - - - - -

To Preserve Peaches. Lady Aston

Duke Newingston Peaches Pare them as thin as Possible, Strew Sugar on them to keep colour, give them a Slit in the Seam to the Stone, then take half the weight in Double refind Sugar, To every pound of Sugar, a quarter of a Pint of water, boil it, So Skim it, & put in the Peaches, Let them boil half a dozen Walms, & Set them by till next day, Laying a Sheet of white paper close to them. The next day boil 'em So again, Strewing on 'em the other half of ye Sugar, which will make ye full weight. The 3^d Day take them out of ye Syrup, & wth a Penknife Stake out the Stones & lay them flat & Smooth, & boil them a walm or 2 Then have ready drawn in a Pot ye Juice of Some white Pear-plums of those which are greenest to every half pint of Juice half a pound of fine Sugar beaten fine, put this to the Peaches The Syrup being with them also, Let them boil 'till it Jellys, So put them up ye Next day cover them wth more Jelly, Keep them in Deep pots or Glasses.

Lady Aston

2

Presearuing, and Canding - - - - -

To presearue cherries, in Jelly - - - - -

Take the weight of the cherries of dubble refind Suger, being finely beaten, Strowe a handfull of the Suger in the bottom of the posnett, then as you Stone the cherries, putt them in the posnett, when you haue couered the Suger, then putt more, Soe couer them with Suger, as you Stone them, then take alittle Suger from the weight, as mutch as you thinke the weight of the Stalkes, and the Stones contaynes, then Sett them on a mighty gentle fiar that the Suger maye dissolue, then boyle them, and Scum them, and when you thinke they are allmost throughly, presearued, haue ready Some Juice of redd corrants, take the corrants picked cleare, in a Siluer dish or coupp and with the back of a Spoone, bruise them, and Soe Straine itt, and putt Some Suger to itt, Soe boyle itt and Scum̃ itt, and putt it to the cherries, and giue itt one boyle after, and Scum̃ itt, and when itt is allmost cold, dish itt upp, you must haue to 3 pound of Suger, aboue halfe a pinte, of Juice of corrants - - -

To presearue Orringes - - - - - - -

First take ye orringes, and water them whole 5 or 6 dayes, in a long earthen pott, Shifting them euery daye once, then Scrape them finely all ouer, and cutt them in the midle, and crush out all the Juice, and Saue itt, and pick out all the Seedes, then water them, two dayes more, and the Last day, Sett them by the fiar, in the Same pott that watered them, and euer when the water is hott Shift them, till the bitterness, be well worne awaye, then Seeth them till they be tender, then take them out, and Laye them on a platter, or cloth where the water, may well Soake out of them, then take to euery pound of orringes, one pound of Suger, one pinte of faire water, and putt ye water and Suger togeather, in the pott, that you will, presearue them in, and Stirr, the water, and Suger togeather, untill itt be melted, then Sett itt on a quick quier, and as Soone as itt doth Seeth, and that you haue Scummed itt, putt in ye orringes, and Lett them Seeth halfe an howre, then putt your Juice of orringes, and halfe a nuttmegg, bruised very grosly, tied in a cloth and Lett itt Seeth, till you thinke ye Syrrupe be enough, which you may know by holding alittle in a Spoone, then take of ye orringes, and putt them upp in ye pott or glasses, if you meane to keepe them, if they be very good orringes, they will Sodd, in an howre, butt if not, they will aske 2 howres att the Least, when you haue ye Juice you must putt into itt a quarter, or halfe a pound of Suger, or else itt will not keepe butt remember you abate that, when you presearue them, or else they will candy, if itt be in froasty weather, you must Sett ye pott, where in you water them by the fiar, if they freese they are Spoyled - - - -

To drye Apples or peares - - - - -

Take ye fruitt and pare them, and putt them, into an earthen pott, closeing the pott with paste, and Sett them into an oven, with manchett, then take them out of the pott, and Laye them on a dish or plate, one by one, and Sett them in the oven, after ye bread is drawne, doe Soe diuers times till you See they be all most drye, enough, then take rose water, and Suger, Stirring itt, first well to geather, wash ye fruitt in itt, and Sett them once againe into the oven, after you may keepe them all the yeare, to youre use. - - - - - - -

To make ordinary marmulett of Cherries - - -

Take to a pound of cherries, when they are Stoned, a quarter of a pound of your best ponder Suger, Soe boyle them and Scum them, till you think they be enough, -

To Candy Chippings of Oringes, or Lemonds -

Take orringes, or Lemons, and pare them very thin, in Little peeces, and Laye them in water 24 howres, and boyle them in two waters, then take the weight of them in Suger, and boyle ye Suger to a good Syrrupe, then power ye Syrrupe unto the chipps, they must Lye in ye Syrrupe: 6 or 8 days till they haue Soaked upp the Syrrupe, then Laye them forth on plates and drye them, -

Peach Chipps - - - - -

Cutt ye peaches, pared into thin Slices, and Laye them in a bason, a Layne of them, and a Layne of Suger, Sett them on the fiar till the Suger be melted Lett them Lye in the Syrrupe three dayes, drye them, in a Stoue, on glass plate,

To preserue Cherries - - - - -

A pound of cherries, as mutch Suger, a pint of Jelly of corrants, redd, putt all in to a Skillett, boyle quick, Scum cleare, Shake often, boyle till cleare, not to Long

To presarue rasberries - - - - -

Take good rasberries, and fine Suger, a Like weight, halfe the weight of Juice, Sett ouer the fiar, boyle a pace, Scum as they boyle, Shake now and then, when cleare, they are enough, be Sure doe not, ouer boyle, Straine the Jelly when hott into them, first putt into glasses, you may, preserue bar berries, currants, Like ras berries, - - - - - - - - - - - -

To presarue Pippins - - - - -

Take the fairest pipins you can gett, pare them and Slice them, into

faire

faire water, then boyle them to a pulp, take the pulp, and straine through a strainer, after that straine itt through a gelly bagg, take a pinte of this Juice of pippins, and a pinte of faire water, two pound of duble refind Suger, then melt the Suger, in the Liquor, and Sett itt on the fiar, Scum̃ itt, boyle itt a Little then putt in ye pippins, being well pared and coared in halues, putt them into faire water, as you pare them, till they be all ready, to goe into the Syrrupe, then boyle them a pace, uncouered, till the pippins, Looke cleare, and is tender, and the Syrrupe gelly, a Little before you take them upp, Squeese in the Juice of 4 Lemons, and two orringes, past through a strainer, and putt in to the pipkin

To Candy orringes - - - - -

Take ye orringes, or Lemonds, and pare them thick, Laye them in water 24 howres, then boyle them tender, and take there weight in Suger, and boyle the Suger to a good Syrrupe, then power ye Syrrupe on ye chipps and Lett them Lye in ye Syrrupe, 4 dayes, till they haue Soaked upp the Syrrupe, then Laye them forth on plates, and drye them before the fiar-

To drye pippins

Take of the fairest pippins, and pare them, and take to a pound of pippins halfe a pound of dubble refind Suger, clarry fye ye Suger, and while ye Suger is a clarifying, pare ye pipins, coare them, and cutt them in halues, when you haue done Scumming ye Suger, putt in ye pippins, and Lett them boyle for halfe an howre,, then take a Stone dish, and Sift Some Suger, on itt, take ye pippins out of ye Syrrupe, and Laye them, adrying, on the botton of a rose Sieue, when they be uery well drayned, Laye them on the Stone dish, and Laye them one by one, and Sift Some, fine Suger on them, then Sett them on a warme Stone att night, to drye, the next day turne them, and Laye them on a cleane dish, after you haue turned them, Sift Some fine Suger on them, in this maner dry them they will be drye, in 3 or 4 dayes, you must Laye them on a cleane dish euery daye, turne them, butt nott Sift Suger on them, after the Second daye

To make Chipps, of Apricockes; peaches, white peare plums or Quinces, or pippins - - - - - -

If you make ye chipps of quinces, you must codle them before you Slice them; take there of, the Seuerall fruitts, and pare them, and waigh them then take halfe there weight, in dubble refind Suger, beate ye Suger; uery

fine

Fine, and as you Slice ye fruitt, Laye in a Layne of Suger, and a Layne of fruitt, till they be Layd all in Laynes, into ye pann, the fruitt must be first Layd in, which done, Sett them on coales, when you See them begin to Simber, take them off, and gently Shake them in the pan, you must nott Stirr them with a Spoone, for feare of breaking them, when you haue Shaked them, Sett them on coales againe, and when you See them beginn to Simber, take them off the fiar againe, thus doe till allmost all the Suger, be consumed, then take them one by one, and Laye them on Sheetes of glass, you must take them out of the Syrrupe, when itt is allmost consumed, you must begin to take them out on the fiar, hauing a great care they boyle not, then Stoue them, - - - - - - - - - - - - -

To make Suger puffs, of muk or Amber greece. - -

Take dubble refind Suger, beate itt and Searce itt, through, a fine, tiffany Steepe Some uery good, and white gum dragon, in rosewater, and beate Some Amber greece, or muske, and mingle with ye Suger, make itt past, of ye Suger and gum, Straine ye gum, itt must not be to Soft, ye gum or paste make itt into what fashion you please, ye past must be well beaten in a Stone morter, ye oven must be butt a Little warmed, on papers Searce Suger under them, -

To Presarue pippins white - - - - - -

Pare two pound of faire pipins, make a hole through them with a bodkin, then Scald them a Little in water, take a quart of this water, putt to itt 2 pound of Suger, Lett itt boyle, and clarifyy itt with the whit of an egg, Scum itt uery cleane, then putt ye pippins into itt, boyle them prettyfast, when they be tender take them upp, and boyle the Syrrup thicker after

To make pippins Looke redd - - - - -

Take there weight, in Suger, make ye Syrrupe, clarryfyy, with an egg pare them and make hole through them, with a bodkin putt them in the Syrrupe, boyle them Leasurly close couered, if all be redd, and tender, coole them out of the Syrrupe, doe them greene, as you doe greene plums - - -

To presarue, Wallnutts - - - - -

Gather them before they are Shald, prick them full of holes, Lay them in a tubb of water three dayes, togeather, Shifting twice adaye, then boyle them tender, in fayre water, take there waight in Suger, make a Syrrupe there with, boyle them as you doe Lettice Stalkes - - - - -

To presarue mallcotoones - - - - -

Boyle them in faire water, till they be tender, make a Syrrupe for them and presarue them as you doe other things - - - - - - - - - - - -

To Candy all kind of fruitts, rootes, and Spices, wth rockcandy

Take orringes, Spices, or what you will, presearue them, and drye them then melt fine Suger, boyle itt, and clarryfy itt, with the white of an egg Lett itt runn through a cloth to cleare itt, Sett itt on the fiar againe, Lett itt boyle till a threed, will hold, betwixt ye fingers, then place ye fruitt, and Spices, in a earthen pott, with a broade mouth, and Sett wiers betweene to to keepe them a Sunder, then power the candy on them, couer the pott close keepe itt couered, in a warme chimney 3 dayes, Shaking the pott often then drye itt in a Stoue, - - - - - - - - - - - - - - - - - -

To make past of Quinces - - - - - -

First codle ye quinces in warme water pretty Soft, take them out and pare them, and Scrape out all the meate from them to the coare, with a knife, to a pound of meate, take a pound of duble refind Suger, beaten very fine putt ye Suger, and quinces to geather, and Sett them on the fiar Lett them boyle, Softly till the Suger is melted, and then a great pace, Stir ring itt all the while, haue a care itt change nott the culler, if itt be good itt will Looke very white, ye Apple quinces, are the best, and they must be throughly ripe, and newly gathered, when itt is boyled thick take itt upp by Spoonfulls, and Laye itt on platts, when itt is coole, cutt them in peeces, - and print them thus, take duble refind Suger, and Searce itt on ye cakes, through a fine tiffany Searce, then Sift a little in the prints, Laye ye cakes into the printes, the cakes must be thick they will keepe the moyster, Sett them be fore the fiar to drye, but not to nearne, nor the fiar to hott - - - - -

Past of rasps - - - - -

Take a pint of rasps, bruise them, putt to them 6 Spoonefulls of rosewater Straine itt through, a canuas, putt to itt in to a Shellett, and beate itt a broade a pound of refind Suger, into another Shillett, boyle itt to manus christie, then putt itt in, Stirr itt well to geather, and fashion itt well on a plate - - - -

To Candy, over raw fruitts - - - - -

Take Some Suger, and wett itt in orringe flower water, or rose water then boyle itt to a candy high, then dipp in the fruitts, and Laye them by to coole, and Soe you may dish them upp, - - - - - - - - - - - -

To make past of Apricockes - - - - -

Scauld ye Apricockes, as you doe the Codling, take them and Straine them, and drye them, drye the Stuff on a pye plate, or on a chaffing dish of embers, then take Suger, and boyle itt to a candy high, then putt itt in ye past, and worke itt to geather, or elce Suger finly Searced, and make itt upp into cakes, or what you will, and then in Some warme place, and drye a pound of itt, to a pound of Stuff. - - - - - - - - - - - - - - -

Dice marmalett - - - - -

Codle the fairest quince but not to tender pare and Slice them, butt nott to neare the coare, to a pound of quinces, take a pound and halfe of fine Suger, and a pinte of gelly, made with pippins Sliced, and the worst of quinces, or of coares, and rines, putt a Layre of quinces, and a Layre of Suger, into a Skellett, then putt in the gelly; Sett itt on a gentle fiar, boyle itt an orringe cuuller, when itt is allmost boyled, putt the rest of the Suger, by Little, and Little, putt them into glasses, first gelly them, - - -

To make Jumballs, of Quince, or Aprickcocks -

Take of the purest fine Suger, and beate itt, and Sift itt, then take either part of quince, or dryed Apricockes, and pound them in a Stone morter. Still Strowing on itt, as tis beating, of that fine Suger, till you find with beating, that tis come to a perfect past, after which you may role itt on a paper, with ye hands, in very Small kind of Stringes, which you may make, in what Seuerall workes, you please, and Laying them on cleane paper, they preasently dry of them Selues, wthout further trouble.

To Presearue Allicompane - - - - -

Take Allicom pane, cutt itt a cross, pare of the Skinn, then putt itt in water, change itt twice adaye, for two or three dayes to geather, then boyle itt in water, as you doe other things, or change till itt is tender, then take two pound of Suger, to a pound of Allicom pane, and a pinte of water to a pound of Suger, putt in halfe the Suger into the water, att first, and Lett that boyle, and Skim itt, then putt in the Allicompane, Lett that boyle, Leasurly a pretty while, then putt in the rest of the Suger, as itt boyleth, Soe boyle itt till itt be tender, then take itt off, if the Surrupe be nott thick enough boyle itt, a Little Longer, then putt itt to the Allicom pane, tis best to preaserue them, as Soone as you take them out of the boyling water before they be cold - - - - - - - - - - - - - - -

To Presarue. Orringes - - - - -

Take ye orringes, and deuide them in midle, cutt out the meat, boyle them, butt Lett the water boyle first, change ye water, often, when they are tendar take them upp, then take to a pound of orringes, a pound of Suger and a pint of water, Lett ye water, and Suger boyle, Skimed cleane, then puttin ye orringes, and keepe them from the bottom, and Sides of the Skillett, - - - -

To make marmallett redd of Quinces - - - - -

Take the yollowest quinces, you can gett quarter them and coare them then pare them, and putt the quarters in faire water, then take them out of the water, and weigh them, to euery pound of quinces take a pound of Suger, Lett ye porsnett be runced in water, then Strowe Some of the Suger in the bottom of the porsnett, then Lay in Some of the quinces, all ouer the Suger, then Strowe more of the Suger, on the quinces, untill you haue putt in halfe the Suger, then couer them and Sett the possnett on a Soft fiar, - shake them now, and then, for feare of burning, as the Suger doth melt - Strowe in the rest, till the Suger be all in, then Lett them boyle, Leasurly till they be uery tender, close couered, and Stirr them with a Spoone, and shake them now and then for feare of burning, when they are tender take them off the fiar, and Sett them close, couered an howre, then break the biggest, Longest, and Sett them on the fiar, Lett them boyle Leasurely when they be allmost, enough, putt in Some Sliced ginger, if you will boyle itt upp, till itt comes cleare from the bottom, of the porsnett, then putt itt in boxes, or glasses, butt boxes will keepe itt best, - - - - -

To Candy Angellica - - - - -

Take a pound of the Stalkes, putt as mutch Suger, when they are prepared by pilling of the Skinn, the water must be boyling hott, where in they must be boyled fast till they be tender, then presently putt them out and Strewe the Suger, on them, Soe Lett them Stand: 3: howres then Sett them on a Soft fiar and couer them close, till they begin to be enough, there must be noe more water in itt then to wett the Suger, when they are greene enough, they must be couered noe more, butt boyle itt a pace, till itt be enough, which will be when the Suger, is allmost dryed upp, Still Shaking itt round, that all the Stalkes maye haue a Like of the Suger, when enough they must be Layd out on plates, and Soe Sett in a Stoue - - - - - - - - - - - - - -

To make &c: of Goosberries - - - - -

Take goosberries, and putt them into Spring water, till they be uery thick, in the water, and Lett them boyle uery fast, with out Stirring them, when

you

you thinke the Strengh of the berries is boyled out, power out the cleare, with out pressing the goosberries, and two a pound of Dutch Liquor putt a pound of refind Suger, being beaten, and boyled upp very fast, untill itt will gelly, if you haue a mind to doe ye berries whole, Lett them be ready Stoned, When ye Liquor, is putt to boyling putt in ye Stond goosberries with there waight in Suger, and boyle itt fast untill you See itt will gelly when it is a Little cold, glass them upp - - - - - - - - - - - - -

To drye Plums - - - - -

Take plums and Stone them, waigh them, and to a pound of plums, take halfe a pound of Suger, halfe a pinte of water, boyle upp the Syrrupe, when itt is limmed, putt in the plums Lett them Simer a Little on the fiar, then take them off, and the next daye giue them a walme or two, and the next day after as mutch, then Sett them with the Syrrupe, in the Stoue, three dayes, putting in fiar euery Sortt, then take them out, and Laye them on glasses, in the Stoue, and Soe Lett them drye, when they be dry wash them a Little, with warme water, and putt them into the Stoue, and the next day wash them with cold water, then dry them upp, when they be dry putt them in glasses, and Soe keep them, - - - - - - - - - - - - - - - - -

To make orringe marmalett - - - - -

Take orringes, and pare them very well and thinn, rubb them well with Salt, and wash itt well off, then cutt them through, the midle, take out the Juice, and the meate cleane, then boyle them in a Skillett of fayre water, while they boyle in one water, take another, boyling hott, ready to Shift them in, Soe boyle them in 3: or 4 waters, or according, as you Like them, for bitterness, then drye them well with a cloth, and cutt them in Little Square peeces, to euery pound of orringes, putt a pound of Suger, butt you must only dipp the Lumps of Suger in water, then take pippins, and Slice them coare, and all, you must pare them, then boyle them with a Little water, when the Liquor, is thick Scum itt from the apples, and of that Liquor, putt Somthing, more then a pinte to ye Suger, then boyle the orringes, and that to geather, about a quarter of an hower, then take the meate, and Juice, that comes, from ye orringes, and cutt the meat very Small, picking out the Seeds, and Strings, then putt into the orringes more then a quarter of a pinte, and Somthing more then half a quarter of a pint of the Juice, of Lemonds, before you putt itt in, warme itt a Little, and in a thin peece of Lane boyle itt a Little, muske, and

amber

Amber greese, if you Like itt, keepe itt Still boyling till itt will gelly pretty thick, then you may take itt upp, putt in the Juice of orringes, and Lemonds to ye tast, butt this is the right proportion, - - - - - - - - -

To presarue Pippins - - - - -

Boyle pippins cutt in quarters in faire water, till they mash, then run the Liquor from them, and take halfe a pinte of that Liquor, and halfe a pinte of white, or rhenish wine, putt to itt a pound, of dubble, refind Suger and Sett itt on the fiar, when itt is Scumd, and ready to boyle, putt in a pound of the best, and clearest pippins, pared, and cutt coares awaye, in three or foure peeces of a pippin, or as they are in bigness, putt in the pill of a Lemond, which must, be taken out of water, they must boyle fast, and as itt, boyleth, putt in the Juice of 2 Lemonds, or orringes to ye tast, when all most boyled putt in peeces of orring pill, which must be first boyled, in: 3: or 4 waters, Soe make them tender, and take out the exstream bitterness when the pippins Looke cleare, and the Syrryp white, itt is enough - -

To make marmalett of Apricockes - - - -

Take apricockes, and pare them, and cutt them in quarters, then take a pound of aprickcockes, to a pound of Suger, then putt in Some Suger in the bottom of the possnett, putt in a Spoone full, or two of faire water then Laye the Apricocks, in quarters, in quarters in the Suger, putt more Suger ouer them, Soe boyle, them on a quick fiar, keepe them Stirring, for feare of burning, in the bottom, halfe an ounce ounce of Apricockes more then the Suger, -

To Presarue pippins - - - - -

Take ye pippins, and pare them, and core them, well, then take Suger and waigh with ye pippins, then take a pinte of faire water, and halfe a pinte of whit wine, and boyle ye Suger, with itt, and Scum itt, then putt in ye pippins and Lett them boyle, Softly, to culler deepe, - - - - - - - - - - - - - - -

To presarue, white currants, in gelly - - - - -

Take of corrants when they are ripe to Stone, and to a pound of Stoned corrants take a pound of refind Suger, then take Juice of corrants, nott ripe being Strained, and Lett itt Stand all night, the next day power off the clea-rest, into a glass, take off this Juice Soe mutch, as you thinke, will - Satisfie, to make ye corrants, into a gelly, adding the waight of the Juice in Suger, Soe Lett ye Juice and Suger boyle upp fast, and Strowe

in ye

In ye corrants, being newly Stoned, and boyle them exstream
=ly fast, untill you See they will gelly, then glass them upp for
ye use -

To presarue rasberries - - - - -

Take rasberries nott over ripe, and to them take there waight in
in Suger, then take greene Apples, and cutt them in two, Spring water be
Stronge, Soe Straine itt, and take of the cleare of itt, into a glass, as
mutch as you thinke fitt, to make ye gelly, and the waight of ye water in
Suger, then boyle ye water, and Suger, and Scum itt, and putt in youre
rasberries, boyling itt very fast till itt will gelly - - - - - -

To make marmalett of Cherries - - - -

Take 12 pound of cherries, and Stone them, and keepe the Juice by
in a bason, then take: 3: pound of ordinary Loafe Suger, being beaten
and Sett them ouer, a quick fiar, and boyle them exstreame fast, a good
while, and Skim them, being halfe boyled, putt in the Juice of white
corrants, a pinte, for want of white take redd, when they are boyled
that they will come cleane, from the thing, that they are boyled in
then glass them upp for ye use - - - - - - - - - - - - - -

To drye Cherries

Take cherries and Stone them, keeping the Juice, in a dish, that comes
from them, in the Stoning, and to: 8 pound of Stoned cherries, take a pound
of ordinary Suger, putt ye cherries, and Juice with the Suger, Soe boyle
on a quick fiar, and boyle them a pace. untill they be boyled, Scumm
them very well, untill they be boyled, then putt them forth into Silver
or earthen vessells, and Lett them Stand in the Syrrupe two dayes, ~
then take them out, and Laye, one by one another, on the bottoms ~
of cleane Sives, and Sett them in the Sunn, a drying, and turne them; when
drye dipp, a cloth, in warme water, and wipe them ouer, and Sett them
againe a drying, and being dryed, box them upp for ye use - - - - - -

To presarue Quinces White - - - - -

Take yellow quinces coare them butt nott pare them, then parboyle
them, and when they be cold pare them, then take to every pound of
quinces, a pound of Suger, and clarify ye itt, when itt is perfect cleare

putt

Putt in ye quinces, and Lett them boyle Leasurely, uncouered, allwayes stirring them, when they be boyled tender, take them upp, and boyle ye Syrrupe a Little by its Selfe, when itt is blood warme, you may pott them

To Candy Angellico

Cutt Angellico when itt is young and tender, and cutt the beynes in in the Joynts, as itt growes, then boyle itt in a pott close couered, with a Little Salt in the water, and the water must be cold when you putt in the Angellico butt there must be good Store of water, then Lett itt boyle till the Stalkes be tender, take itt upp and pill itt, putt itt into cold water as you doe itt, this done take ye Angellico out of the water, and draine itt in a Sive, then putt for euery pound of Angellico a pound of Suger, beat ye Suger, then Laye ye Angellico on a earthen dish, Stalke by Stalke, and Lett all the Stalkes be pilled and Laye a flowring of Suger and more Stalkes, and this maner till all is Layd, and couer itt close, and Soe Lett itt Stand all night, in the morning Laye itt in the preseruing pann, and you may take a spoon full or two of water, to rence the Suger, forth of the dish, but noe more water, then Sett itt to boyle softly, when itt hath boyled a while take off the couer, and Skim itt, as you See cause, be Sure to Stirr ofter about for feare of burning, and couerr itt noe more, — after itt grow a Little thick take itt off the fiar Somtimes, and Sett itt on a gaine, itt will make itt the apter to candy, when you See Suger drye about the pann, then Laye a Stalke to coole, and if itt growe hard att a candy hight, then take itt upp if itt be enough itt will hard when colde, if you please to make cakes then take of the Smalest of the Stalkes, which are in the pann, and Shreed them uery Small, if you thinke good of itt you may take mint, and Shreed Small, and boyle them upp, and then dropp them on a plate, - - - - - - - - - - -

To make Cleare Cakes of goosberries, corrants Rasberries or damsons - - - - -

Take ye fruitt and Sett it in a Siluer tankerd, into a Skett of boyling water, Soe boyle itt untill the Juice part from the fruitt, then power out the cleare into a Siluer or earthen bason, and Lett itt Stand and Settle, then power of the cleare, and take the weight in duble refind —

Suger

Suger, beaten very fine, and Sett ye Liquor, and Suger to geather, over a cleare fiar, keeping itt Stirring, and Skim itt if there be need, untill itt be ready to boyle, then take itt off and power itt into glasses, and Sett itt in a Stoue, and when itt is on the other Side, then turne itt out on glass plats and Sett itt in ye Stoue, to keepe for ye use; The Same waye a pricocks done, only you Stone them pare them, and take the pulpe - - -

To make white past of Quinces

Take quinces and parboyle them, then pare them, and Scrape off the pulpe, from the coares, and to a pound of Sutch pulpe, take a pound of fine Suger, beaten fine, then beat ye pulpe in a morter, then mingle ye Suger and pulpe to geather very well, and glass itt upp in Little glasses, Sett itt adrying in a Stoue, when itt is Sced over, turne itt outt on glasses, and keepe itt for ye use - - - - - - - - - - -

To presarue pippins in gelly - - - - -

To a pound of pippins pared and coared, and quartered, take a pound, and quarter of fine Suger, and to itt take a pinte of water, boyle ye Suger, and Scum itt very well, and putt in ye pippins, wch if pared before you imeadiatly use them, must be flong into faire water, then putt in Som orringe pill, which before hath been boyled in 3 Seauerall waters the first water having Salt in itt, then boyle itt fast till itt begin to gelly, then putt in two Spoonefulls of the Juice of orringes, and as mutch Juice of Lemons, then Lett itt Just boyle, and take out ye pippins, and glass them upp, putting a Little of ye Syrrupe, the rest putt in the next morning when itt is cold - - - - - - - - - - - - - -

To drye plums, without any Suger to be Seene - -

Take a pound of Suger, and putt to itt a pinte and halfe of water - boyle itt very well and Skim itt cleane, when ye Syrrupe is cold, take plums, and Sett them on the dirted Side, being in quantytie two pound and putt them into ye Syrrupe, and Sett itt ouer a Soft fiar, and Lett them Stand, and Stew continually, turning them till they be tender, to the Stone, but not Lett them boyle, then take them off, and Lett them Stand, in the Syrrupe two dayes, then Sett them ouer the fiar, and Lett them be hott, through to the Stone, Soe Lett them Stand a

colding

a Colding, one dayes Space more, then putt them over the fiar, asbefore and when they be hott through, take them out of the Syrrupe, and Laye them a running on Little plates, and haue Some Scalding water ready, and wash euery plum in the hott water, cleane from the Syrrupe, and drye them in a fine cloth, and Soe Laye them on cleane Sieue bottoms, and Sett them a drying in the Sunn, or in a oven, the morning after manchett hath beene drawen, if you find any claminess on them, they must be washed in hott water, and dryed, as before, any kind of plums that is black or blue, butt ye plums, must be a day Longer, in the Liquor the ordinary and for to blewe them, a deepe, peauter dish is best, to doe them in, white pare plums, are done in the Same manner, on quicker in Siluer or brass--

To make white marmalett, of Quinces, with Less - -- then the waight in Suger, - - - - -

Take to a pound of quinces, unpared, and coared, 6 ounces of fine Suger, being boyled very fire, Laye Some of itt, in the bottom of ye Skillett then pare and quarter ye quinces, and putt a Layne of them into ye Skillett on the Layne of Suger, and Soe untill they be all Layd the Suger with them, and Sett itt ouer a Soft fiar, Shaking them untill the Suger be all dissolued, then boyle them, exstreame fast, untill ye quinces, be all to mash then glass itt upp to ye use, - - - - - - - - - - - - - - - - - - -

To presarue Quinces, white, whole - - - -

Take ye quinces, and waigh them, and to euery pound of Quinces, take a pound, and halfe of refind Suger, then parboyle them, then coare them and, Afterwards pare them, and to a pound, and halfe of Suger you must putt a pinte of pippin water, then boyle ye water and Suger, and Scum itt, then ye quinces being, Layd upp, in tiffany, or Lawne, putt into ye Syrrupe, with a few quince Seedes, tied upp in a tiffany, and boyle itt upp fast, untill itt gelly then take out youre quinces, and putt them in potts, with the holes upwards filling the holes, only with the hott Syrrupe, the rest of ye Syrrupe - keepe in a glass, untill the next morning, then power itt into ye quinces - make ye pippin water thus, take: 8: pippins, and pare them, and quarter them and two whole quinces, quartered, and uncoared, and unpared, and putt ye pippins, and quinces, thus ordered, into a Skellett, with a quantytie of Spring water, and boyle itt till the fruitt, be all mashed, then power itt through a Strainer; into a white bason, and Lett itt Settle, untill the next morning, and take of the cleare of itt for ye use - - - - - - -

To Candy Angellico - - - - - -

Take the Stalkes, and cutt them in what Lengh, you will, and Lay them in fayre water, and Lett them, Lye all night, if you please, then boyle them in the Same water, till itt be tender, keeping, itt close couered all the while then take them upp, and peele them, then putt them into the Same water, againe couer them close, and giue them, one boyle, and Soe Lett itt Stand one howre, - take them upp, and Laye them on dry cleare cloth, then take the waight in Double refine Suger, finely beaten, then Laye them on a earthen bason, putting Suger be tweene, euery rowe, Soe Lett them Stand all night, the next day, putt them in a bell mettell Skillett, and boyle them uery tender, on a Soft fiar, being close couered, Some times Sturr them, then take of the couer and boyle them to a candy, Soe drye them, - - - - - - - - - - - - -

To Greene plums - - - - -

Take ye plums and codle them, Soe that they maye peele, and when you haue peeled them, greene them in the Same water, they weare codled in, then take them upp, and take there waight in Suger, then make a Syrrupe, with the, Suger, and Scum itt, and then putt in, the plums, and Soe boyle them, till they, Looke cleare, and the Syrrupe gelly - - - - -

To make Sumballs - - - - -

Take halfe a pound of Allmonds, and blanch them, and beat them wth Some rose water, putt in a Spoonefull of Suger, and Stirr them well, together, take the whites of 3 or 4 eggs, and froath them uery well, with a quill, and Stirr itt into the Allmonds, and Suger, make them into what Shape you please, putt them into a pretty hott ouen, and Lett them Stand till they are baked - - - - - - - - - - - - - - - - - - -

To make mackarownes - - - - -

Take a quarter of a pound of blanched Allmonds, beate them with rose water, taking halfe, a pound of Suger, and two Spoonefulls of flower, Stiring them all togeather, then take the whites of two or three eggs, beate them with a Little rose water, Stirr them well togeather, make them, in what Shape you please, Sett them on papers, and bake them in a hott ouen, - - -

To make Sumballs - - - - -

Take a pound of flower, and dry itt, and a quarter of a pound of Suger, and drye itt, and the yeolkes of 21 eggs and putt itt all togeather, with a Spoon full of rose water, 4 Spoonefulls of creame, beate all togeather halfe an hower

then putt

Then putt, a few carrinage Seedes, butt more corriander Seedes, and worke itt in a paste, role itt and cast itt into knotts, bake them, butt burne them nott, -

The Table

Cookery

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Presearuing

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The Table: For the Receipts: received From your Ladyship: att Odstock:

Receipts: taken: out of Mrs Carews: Booke::

To make the Long: things: - - - - -

Take a good Legg of Veale: and cutt out of the flesh: a pound and shredd: itt very Small, and then take a pound of good beefe-Suett: and shredd with itt, then beate itt very well, this being done: take halfe an ounce of pepper, and Salt, and mix itt very well, then take the yeolkes of:3: eggs: and the whits of:2: and mingle these well togeather, and Soe make itt upp in a peast: and when you haue Soe done, role itt upp in Long things - - - - - -

To Stew a Carpe, in blood - - - - -

Take yo carp and Scrape him: and wash him cleare, then open him: and Saue the blood: putt the row in againe: then putt the carpe into a deepe dish: with the blood: and Som clarrett wine: as mutch as will Stew him: with the dish more: then halfe full, putt in:4: pepper cornes: and:4: cloues bruised: and:3: blades: of mace: and two onyons, cutt youre carpe in three or four places, on that Side you Lay uppermost, first, and when itt is enough, Slice a nuttmeg into itt, then putt itt into a cleare dish, with cippetts, and Searue itt in:

To rost a Pike or Carpe: - - - - - -

Take a pike or Carpe, Larde itt with pickld: herrings, fill the belly with oysters, rost itt, basting itt with clarrett wine, and anchouis-Sarue itt with Anchouy Sauce, and the grauy of the pike or carpe - - -

To make an Orringe pudding - - - - -

Take:3: ounces of canded orringe peele, and a little uncanded, and shreed itt all uery Small, then take the yeolkes of twenty eggs, three quarters of a pound of white Suger, and a pound of fresh butter, and putt itt all to geather, in a deepe dish, or bason, and Sett itt ouer, a chafing dish of coales, untill itt is all melted, be Sure to keepe Stirring of itt all the time, and putt itt in a dish, with puff paste, and then bake itt.-

To make a Lemon Creame - - - - -

Take the Juice of 4 Lemons, and the peels, being cutt uery Small and putt thereto a pint and halfe of Spring water, and a pint of rose water, and:7: or:8: eggs, butt not more then the whites of:2: or:3:

and Soe

And Soe putt itt over the fiar, and keepe Stirring of it allwayes, one way till itt be ready, to boyle, first Sweeten itt to ye tast - - - - -

A Sauce for a Codds head - - - - -

Take whitwine, and dissolue in itt Som Anchouis, mace, cloues, nutt megg, and pepper, and onyon, all this dissolued, beate itt upp with butter, you need nott boyle itt noe more: after the butter is in - - - - -

Sauce for boyled Fish - - - - -

Take Clarrett, or whitewine, and putt into itt the peeces of capers, and mushromes, and oysters, and Anchouis, and a little mace pounded, and the Juice of Sweet margerum, and time, and onyons, and perseley, and any other hearbes, that you Like, and putt in butter, and boyle all this together and cutt mushromes, and oysters, and putt in itt, and when itt hath boyled, a good while, putt itt on ye fish - - - - - - - - - - - - - -

Sauce for Stewed Fish - - - - -

Take clarrett wine, and oyster Liquor, and mushromes and Anchouis Liquor, and a bundle of Sweet hearbs, and an onyon, and boyle to geather and halfe frye ye fish, and putt itt into the Sauce, with the Same butter, that the fish, is fryed in, and Soe Stew itt till itt be ready - - -

A Salt Fish pye - - - - -

Take Salt fish boyle itt then chopp itt very Small and Season itt as you doe a mince pye, and Laye, a Layne of butter, and a Layne of fish and putt itt in very good crust, and bake itt well, and perhaps itt may be good for nothing - - - - - - - - - - - - - - - -

To make Scotts Scholops - - - - -

Take a Legg of Veale of a cow calfe, and slice itt thinn, and hack itt thick, with the back, of a mincing knife, then Season itt with pepper Salt, nuttmeg, Sweet hearbes, minced, as fine Sweet margaram, and a Sprigg of penny royall, then worke itt upp in yeolkes of 2: or 3 eggs then frye itt with Sweet butter, with a gentle fiar, turning itt often times, and when itt is fryed enough, putt to itt: 2: Anchouis, dissolued, in a little white wine, with a Spoonfull of capers minced in itt and an onyon Stued in itt, and the yeolkes of 2 eggs, Strained with a Little Strong broath, and a little oyster Liquor and grauy, and ogsters and a burdle of Sweet hearbes: 2 or 3 blades of Large mace, shake itt all togeather in your pann, till itt be of a competent thicknes, rubb ye bottom of ye dish with a cloue of garlick, dish itt upp, and garnish ye dish, with

what the time affords - - - - - - - - - - - - - -

To make puff past - - - - -

Take 3 pints, of the finest flower, 2 pound of the freshest: butter; rubb halfe the butter into the flower, then breake in 4 eggs - leaving out the whits of one, - - - - - - - - - - - - -

A Most excilant pooden. - - - - -

Take a peny Loafe and halfe, to a pint of creame, and as mutch, carrett as bread; 6 eggs, with a little Suger, Spice, and Sack - - - - -

To pickle Oysters - - - - -

To euery hundred of oysters, take: 3: or: 4: or 5 pepper cornes - and a little whole mace, Lett ye oysters be washed uery cleane, out of there Liquor, then Strayne ye Liquor, into the pott you boyle them in, Lett them nott boyle to Long, for feare of being to harde, when they are coole, putt them into ye barrells, and according to ye quantity of - oysters, Soe deuide ye Liquor, then fill upp ye barrells, with the best, white wine, uinegar, and putt to euery hundred of oysters, two or three cloues then Shake them together - - - - - - - - - - - - - - -

To pickle, Musheroomes, Mr Dracott, Cooks Way -

Take musheroones, of one nights, growth, and cutt the Stalkes uery close and wash them Single uery cleane, then putt them into a Skillett with Salt, according to the quantity, a peece of Lemon, and an onyon, or two, and boyle them upp in there owne Liquor, for Som thing aboue a quarter of an howr, allways Skimming them as they ryse, when they are could drayne them, and putt them in whitewine Vinegar, Lett them Lye there - two or three dages, to make pickle, then take 3 parts of Vinegar, and of ginger, cutt in peeces, mace, cloues, pepper, nuttmeggs, quartered and putt, Salt accordingly, and one quart of whitewine, boyle this upp, and when itt is cold, putt itt in a glass, with ye mushroomes, with: 4: or: 5: bay Leaues, and Soe tye them upp uery close - - - - - - - - - - -

To make a Lobster, pye - - - - -

Scald ye Lobsters, and take them out of the Shells, cutt them, in peeces and Season them, with Salt, and pepper, hole mace, and a few Sweet hearts, cutt grose, a Little Lemon, and a good peece of butter in ye pye, when you Sett itt in the ouen, make itt in a pan, half an howr will bake itt - - - - - - - - - - - - - - - - - -

To make pease Soope - - - - -

Take white pease, boyle them as for ordinary pease porridge, then take 2 quarts of fayre water, or what quantyty you please to make and Lett runn into itt, as many pease as will make itt thick enough, - then take: 2: Anchouis, and Some capers, and an onyon, and Some time and perseley, one redd herring, and shread them uery Small, and putt them into ye Soope, with a few cloues bruised, and Some whole pepper: then take a pretty quantyty of Spinedge, and boyle itt in fresh butter till itt be uery tender, then draine itt from the butter, and putt itt in and Lett itt boyle, a good while, after all is in, and when you thinke itt is enough, putt in a good peece, of butter, cutt bread into them, and Searue itt upp, a peece of bacon, will doe well if itt be nott fasting daye - - -:

To roast a Shoulder of Mutton - - - - -

When you kill a sheepe Saue the blood, take the Shoulder of mutton off warme, and take a few crums of bread grated, and nuttmegg, grated, a little quantity of pepper, a little ginger, a little thime, Stript, Some Sweet margerum, a little Sauory, shread all these hearbs, and putt them to the crums of bread, all these Seasoning, take: 2 or 3: Spoonfulls of the blood, and mingle all these, togeather, then Stuff the inside of the Shoulder, with these hearbs, itt being dipped all ouer in the blood, - allso Lay the caull ouer itt, as itt roasts, bast itt with Sweet butter - -

To Dress a Pike, or any Fresh Water Fish -

Take a pike or any fresh water fish, Scrape of the Scales, take out ye gutts and gaule, cutt him in peeces, about a quarter, Long, role itt with Salt, and Lay itt in Liniger, as mutch as will Steepe, itt, for a quarter of an hower, then haue ready boyling, as mutch Ale, as will boyle itt, and a pint of whitwine, and as mutch Vinegar, as itt was Steeped in, Lett the Liquor be boyling, then putt in the fish, with a blade or two of Large - mace, a few cloues, and Some whole pepper, a bundle of Sweet hearbs Soe Lett the fish boyle, till itt be enough, then make Sauce, of thick melted butter, with: 3: or: 4: Spoonfulls of the Liquor, the fish was boyled in, 2 Anchouis dissollued in itt, with Some horse radish, Scraped in itt Som oysters or Cockles, and a little Leamon, make ye Sauce pretty thick -

To make a Sack Creame - - - -

Take a quart of good creame, and boyle itt with Spice, then thicken itt with the yeolkes of 6 eggs, and then take out the Spices, and Stirring the creame, untill itt be butt Scalding hott, then putt in a quarter of a pint of Sack, by two, or three, Spoonfulls, att a time, continually Stirring itt till itt be cold, itt will be Like thick Creame, and you may keepe it a day or two

To make a Cake - - - - -

Take a peck of fine flower, and drye itt in the Oven, putt to itt 8 pound of currants, a pound of Suger, one Nuttmegg, and a little cloues, and mace, then breake in: 14: eggs, with half the whites, and: 3: pound of butter, and a pint of barme, you must crumble ye butter into the drye flower, very Small, then take ye creame, and boyle itt, and Lett itt Stand till itt be cold and then wett ye Cake, to wash itt ouer, before you Sett itt in, take Some whits of eggs, Suger, rose water, and butter, beate them very well together, then melt itt and wash the Cake over - - - - - - - - -

To make puffs - - - - -

Take a good quantity, of Cheese curds, and draine them drye, and putt to them 5 yeolks, and two whits of eggs, a Little grated bread, and a Little nutt megg, mingle these togeather, then butter a paper, and dropp itt, in Little round cakes, and Soe bake them, for Sauce to them, take rosewater Suger, and butter - - - - - - - - - - - - - - -

To make puff past - - - - -

Take 3 pints of the finest flower, 2 pound of the freshest butter, rubb half the butter into the flower, then break in 4 eggs, Leaving out one white,

To make Suger Cakes - - - - -

Take a pound of butter, beat itt till itt is Soft, itt will beat the better, if you Steep itt in water, all night, add to itt a pound of Suger, and a pound of flower, Stirr itt in a Little att a time, then putt to itt the yeolkes of 7 eggs, and the whites of 4, well beaten, haue ye ouen, and pans ready, you may putt in Currants, Sift on a Little fine Suger before you Sett them in, the ouen, you may putt in what Spice you please

To make the Little Cakes - - - - -

Take a pound of Suger, and a pound of butter, and worke itt well together in a pann till itt comes, a uery. froath, worke itt with ye hands upwards then take the yeolkes of 6 eggs, and two whites, beate them well, with a Little rosewater, and Soe putt them into ye butter, and Suger, with a grated nuttmegg, or Som fine mace, then take a pound and half of flower well dryed, and, a pound of Currants, Strow itt in by turnes, till ye past be: pretty Stiff, then make itt upp into Little Cakes, this quantity, will make: a dossin, and half, butter, ye papers or panns - - - - - - -

To make a whip Creame - - - - -

Take two good, Spoonefulls of Sack, and as mutch Suger, as you think will Sweeten itt, allsoe take a pint of milk from ye pann, that hath beene milk: 3 or 4: howers, before, or more, mingle allto geather, in a milk pann, then take a whisk, as is for clensing of Clothes, and whip itt exceedingly, and as ye froath, riseth; with a Skim dish, take itt upp and putt itt in ye renge, you use for milk, till all the cleare, is run off with a spoonfull att a time putt itt in ye bason, that is nott to deepe, and if you haue time, Lett itt Stand a night, or a night, and a day - - - -

To Keepe Goosberries, all the Yeare - -

Take ye Inglish goosberries, when they are full growne, and putt them into a skellett of water, and putt to them a hand full of Salt, and Stirr them well to geather, then Scald them, butt be Sure, you doe nott breake them, when they are Scalded, take them upp in a range, and Lett them Stand one night a dreining, then putt them in white wine Vinegar, and power, a Little butter, on them, and Soe keepe them for ye use - - -

To doe Goosberries Like Hopes - - - - -

Take pricks of black thornes then take Goosberries, and cutt them, a a Little a cross, take out the Stones, putt them uppon the prickes, waigh as mutch Suger, as they waigh, and take a quarter, of a pint of water, and putt in to the Suger, and Lett itt boyle a while, then putt in the hops, Lett them Stand and Scald, two howrs on the coales, till they be Soft, then take them out, and boyle the Syrrupe a while, then take itt off, and putt them in - - - - -

Two Receipts for the Rheumatism or high Scurvy y first
y Doctr. Boerhaavy

Take Gum Guiac one Dram & an half, Extract of Liquorice
three Drams, Venice Turpentine half a Dram mix them and
make Pills, three grains Each Pill, of this take five an Hour
before Breakfast, Dinner and Supper Drinking ten spoonfully
of y following Decoction after Each Dose

Take of the Roots & Lifer of fresh Burdock, Liquorice, Comon Grass
and Vipers Grass of Each one ounce Boyle them in 3 or 4 quarts
of Water to about five Pints, then add the fresh Herbs of Agrimony
Betany & Balm, of each one hand full, Boil them again a little
so as to have two Quarts when Strained

The use of them to be continued for six Weeks

N.B. Lifer is a Parsnip or white carrot but longer & more with by y Lifer Liquorice
meant, which is a kind of Vetch

the other Recpt. for the Rheumatism or Scurvy

Lignum Vitae one pound, Liquorice one ounce Boil them
in two Gallons of Water to one, then Strain it off and take half
a Pint 3 times a day

To the Ingredients remaining add half a pound of
Raisins & two Gallons of Water let 'em Boil again to six
quarts or less. of this Drink as Comon Beer

To Candy Fruite - - - -

Take the White of a new Layd egg, itt must nott be beate, then dipp in ye Fruitt, Just to wett itt, and Soe role them dubble, refind Suger, beat and Searsed, very fine, and Soe keepe them drye - - - - - - - - -

To Salt Tongues to Drye - - - LR:11:

Take a peck of bay Salt, and a peck of other Salt, and a pound of Salt peeter, and putt itt into a bushell of water, then boyle itt together, Skimming itt well, then Lett itt Stand till the next day, and putt ye Tounge in Cold water, and Scrape them well, and wipe them drye, and when the bryne is Cold putt them in, and for aine or:10: dayes, take them outt for an houre, and After Lett them Lye till they Sink, when you think them Salt enough, hang them upp, and Strew them ouer with a Little Course brann, you must nott Lett them hang, in too hott a Chimney, if you haue any occasion, boyle the bryne, againe with a Little more Salt, added to itt, and Skimming itt as be fore, and Lett itt be Cold; your Ribbs of beefe, must be rubbed ouer, with Salt peeter, for two or three days, and putt into the Same, bryne, as before, for:3: weekes, then hang itt upp in a paper, bagg, in the Chimney, and when you Come to use itt, boyle itt well, first, and roast itt afterwards - - - - - - - -

To dress: a Turkey: Allamode Royall. -

First, bone itt, and After, take the meat from the bone, and mince itt with a Little fresh butter, and 3 eggs, Strew, half a pound of Larde, the Same of beefe, Suett, 4: or 5, Shamp, onynions, a Spoonfull, of Salt, and the quantity, of:3: or:4: graines, of pepper, beaten, after itt is finely minced, Stuff the body of the Turkey, and Sowe itt upp, then putt itt uppon the Spitt, and half roast itt, then putt itt to Steue, with the bullion of Leane beefe, you are to boyle, the Cox Combs Some twelue, and:3: Full Liuers, and a pallett of beefe, before you mince itt, to Stew, the Turkey, and after you are to putt a quarter of a pint of Creame a Little before you Searue itt, to the table, you must Steue

with itt

To make the best Sorte of redd Powder:

Take of pimpernell: Turmentill rootes: and Leaues: Scabious bittoney, Cardus, Scordium, Speedwell, Lilly com vally: and of Angellica: Leaues of each a handfull: wash them: and drye them in a Cloath: then Cutt itt: and bruise itt a Little: putt to itt: 3: pintes of whitewine: in a Jugg: Stopped: Close: for: 24: howers: during which time Lett itt be often Shaken: then Straine itt: and add to itt fresh hearbes: and Lett itt Stand as before: then Straine itt, and and take a pound of the best Bolearmoniack: made into fine powder: putt as mutch of the Wine, as will make itt of the thickness of butter; then Sett itt in the Sunn: till itt be drye: Soe putt to itt more Wine as before: till itt be all drunk upp: and when you putt in the Wine the Last time: putt to itt Methridate: diascordium: burnte harts horne: Turmerick: of each one ounce: Saffron: bezar: Contrayerua: of each half a quarter of an ounce. Allkermis: half an ounce: prepared pearle: a quarter of an ounce of redd Correll: a quarter of an ounce: and a booke of Leafe gold Soe Sett itt in the Sunn againe: and when itt is drye: make itt upp in balls: and Keepe itt for Use - - - - - - - - -

This is Good For Agues: and Feauors: itt produceth Sweatt and driues outt the Small pox: and Measells: from the Stomake or any other distemper: except: the pluresey: you must giue to a man: as mutch: as will Lye on a Shilling: to a Wooman: or Childe: as mutch as will Lye on Sixpence - - - - - -

To Cleanse Wounds:

Take one ounce of Basilicon, mix it with as much precipitate as will lye on a 3 pence, and lay on Linnet or Tents as there is occasion: This is good to Cleanse all fowl Ulcers, and breed newe flesh, to keep it on, lay a plaistr of the browne Salve: It is good for sore breasts or any other wound. Never Tent the Wound to the bottomme but just to keep it open:

To repell a Humour:

Take unguentum album, mix it Strong with Camphire, and annoynt above the wound; if that will not doe yu must make an issue

To Skinn a Sore:

Take a little Mutton Suet, Squeeze it betwixt a Payre of red hot tongues, drop it into cold water, Spread it on a Cloath, and lay it on the Sore.

A Strengthening bath for a Sprayne by mrs C: D:

Take beefe bryne 2 quarts, to a handfull of Sage leaves, and a handfull of Comfrey rootes; let it boyle till halfe bee Consumed, then bath the part greeved:

Mr Lewis's Salve for Wounds:

Bees Wax, rosin, and sheeps [illegible] fresh butter a pound of each, [illegible] a pound melt them together and [illegible] them [illegible] it for use;

With itt: 3 or 4 Syboles, and Some Shamponyons, you must all Soe boyle, two Sweet breads, of Veale, to Steve in the Sauce. itt is only the breast bone that is to be tooke out, and the flesh there off to be minced, the eggs, are nott, to be boyled - -

To Pickle Mushroomes Mrs Roses Way

To a quart of whitwine Vinegar, a pint of whitwine; 5: or: 6: races: of ginger, Sliced, two or: 3: blades of mace, 50: pepper Cornes, and 4: or: 5: Cloues, Som bay Leaues; 3: or: 4 onyons, cutt in peeces, - Some Lemond peele, and Salt to ye tast, boyle all this to geather. Some half a quarter, of an houre, then take itt off, and take out the oynions, and Lett itt Stand to be Cold, and keepe itt for ye use -

Take the mushroomes, deuide the Small from the others, putt them in water, and take them upp, and rubb them, with a Course Cloth, and throw them into water, when all is rubbed, take them out, and in a Cullender, draine them, then putt them into Some Milk and water and boyle them till all the Scumm is risen, Lett them nott boyle too mutch then putt them into a Cullender, when drayned, drye them in a Course Cloth, and when quite drye, and Cold putt them into potts and putt the pickle Cold to them. - - - - - - - - - - -

How to dress a Shoulder of Venison. - -

When you kill ye buck, Saue a quantity of blood, take the - shoulder off, warme, take a few Crumms of bread, grated nuttmegg a Little quantity of pepper, a Little ginger, a Little time Stript, Some - Sweet margerum, a Little Sauory, Shread all these togeather, and putt them to the Crums of bread, and Seasoning, take two, or: 3: Spoonfulls of the blood, and mingle, all, together, then Stuff the inside of the Shoulder, with these hearbs, itt being dipt, all ouer, in the blood then Laye the Cale, ouer itt, and as itt roast, bast itt with butter for Sauce, take Clarrett, wine, and the grauy, one Anchouis, and an oynion, Stew them all togeather, the Juice of Lemonds, and orrange and a Little Sweet butter, power this on itt when you Serue itt upp -

Keepe good aboue: 2 months, butt you may take itt as new as you please I commonly take itt in morning, and Keepe After itt, an hower: or two which doctor Hower allows - - - - - - - - - - - - - -

For the Itch: Mr Ed: Webb - - - - -

Two pound of Elecompane rootes, boyled in: 4: quartes of water, till itt come, to two, then power that away, and boyle itt, in: 4: quart, more, till itt comes to two againe, and doe a third time, Saue the Last water, and boyle itt with: 12: penny worth of Saffron, then power itt out and Sweeten itt to youre tast, and when itt is Cold bottle itt upp, and drink euery morning half a beare glass full, as Long as itt Last, Take the Elacampane pap, and pound itt with two pound of Larde, till itt comes to a soft oyntment, then Anoynt your Self allouer, before a fiar, espesially the wrists and Joynts, twice a day, till you are well, this is a soueraigne, cure for the Itch:

A Pomatum - - - - -

Take, a quart of neats foot oyle, and heat itt, in water, then Straine itt into an earthen pann, and wash itt in spring water, an hower, together euery day for a fourtnight or till itt be white, then take Solomons Seale rootes, and mashmallows, and white Lilly of each a spoone full, Hitt, and putt them into an earthen pott, and draine the water from ye oyle, and putt itt to the rootes, then take Froggs Spawne water, the blood of the Vine rosemary wine, and plantin water, of each a quarter of a pinte, and putt itt into the rootes, and the oyle, and boyle itt in a kettle: 3: howers, then take your oyle from, the waters, and putt in an ounce, of parmacite, a pennyworth of white tartar, dissolued, then take the Affore said fresh - waters, and putt them into the oyle, and beate itt, till itt be Cold, and Comes to a body, then putt itt into potts, and Lett itt be allways, Couered, with the blood of the Vine, for itt will nott, keepe without, that water, - and that must be purified, in the Sunn, after you drawe itt from the Vine - - -

A receipt for Convulsions or falling Sicknesse:

Take an ounce of the powder of a dead mans Scull, that was never buried, and an ounce of Musdlltoue of the Oake, half an ounce of prepared pearle, half an ounce of prepared Corall, half an ounce of Single Piony roote, half an ounce of Elicampane roote, make all into a fine powder, and in any Cold Distilled water, as Blackcherry Water, Wormwater, as much as will lye on a Six pence, at night when ye goe to bed, 3 dayes before the full of the Moone, or at any time, in a fitt and 3 nights after:

How to preserue Apricocks in Chipps, my Mothers Way

Make Syrrupe, with 3 quarters of a pound. of double, refined Suger, and. boyle itt allmost, to a Cardy, then Lett itt Stand, and coole. a Little, then Slice in a pound of Apricocks. pared and cutt round Like chipps, butt nott neare the Stone, Least they be to deepe Coulored, and when you haue, Sliced them in, Lett them boyle as fast as possible, - till they be Cleare, and then they be enough. if you will haue them. Lye in Gelly, putt a boutt half a pint of pippin water, and the waight of itt in Suger, when the Aprichcockes, are half boyled. or rather Less then Lett all boyle to geather, you may doe Apricocks, in half thus, and they will Look very well, and pale-ye Apricocks, must nott be ripe. Soe as to be yellow - - - - - - - - - - - - - - - -

Directions For preseruing: my Mothers Waye. -

To a pound of Cherries take a pint, of white raw Currant Water

To: a pound of Apricocks, in pecces, take Less, then half, a pint of Coddling Juice.

To: a pound of Stoned Goosberries, take a pint of Coddling Juice, of Goosberries

To: a pound of Apricocks, being all most ripe, to make marmalett, take a pint of Coddling, to haue ye marmalett, Lye in Cleare, Jelly - - - -

To a pound of Stoned, white, or redd Currants, half a pint of raw Juice, only to redd, the Juice of white, Currants, itt will make itt Looke finer - - - -

To make quideney of Currants, take the raw Juice - - - - -

To a quideney of Goosberries, take the Coddling Juice of Goosberries and putt. in waight, for waight of Juice, double refined Suger to itt, and wett ye Suger, with Soe mutch, Spring, water, as will boyle itt to Suger againe, then putt in ye Juice, either of goosberries. or Currants, and Continually, Stirring itt butt neuer Lett itt boyle, and if there rise any Scumm, take itt off. and glass itt upp for ye use. - - - - - - - -

To Brew Ebulum - - - - -

Brew 5 Bushells. of barly mault to half an hoggshead, as for beare, boyle there in a pound of hopps, with a peck, and half. of elderberries, Cleane pickt, half an houre, then, take the peele of

Six

Or rose Still, well Luterg ye Sides, with past, then putt under your Still aglass, holding: 3: pints, where in you must putt aquarter of a pound of your best Suger Candy beaten to uery fine ponder, and: 2: graines of Amber greese, and one of muske, tyde in a Cloth, you must make a uery Strong fiar att first, to make itt dropp. - - - - - - - - - - - - - - -

To make Saffron, Water - - - - - Mrs Blount

Take: 6: pound of black Cherries, that haue been Steeped in brandy: bruise them Stones and all, putt to them: 3: pints of brandy. and a gallon of Strong beare, 2: handfulls of egremony, two handfulls of balme, and two handfulls of mints: all Shread: Still all this in a Lymbeck and draw itt to what Strenght you please: Lett itt dropp: on fine Loaf Suger, then mix itt all to geather, and Coulor itt with Saffron, uery deepe, and deuide, an ounce and a half of Cynnamon, equally. Some into euery bottle, and fill upp the bottles with the Water - - - - - - - - - - - - - - - -

A receipt for the Scuruy: - - - Mrs Trenchard

Take: 4: ounces of burdockes, and: 4 ounces of dock rootes, take only the outside rine of them, and half a peck of Scuruy grass, and half a peck of brook Lyme, half a peck of water crest, half a peck of Sericle, take: 3: gallons of best woorte, and boyle itt all to gether, uery well, roots and hearbes to geather, then Straine itt and putt itt upp in a Tessell and putt barme to itt, a small quantity to worke, and Lett itt Stand: 7: dayes before you drink itt, and then you may drink itt when you please, putt in Likewise half a peck of harts tongue Leaues, wash itt all Cleare first, if you keepe itt any time, putt a small percell of hopps in itt - - - - -

For the paine of the Stomack: - - - Doctr Gower.

℞ of Hirapicra, half an ounce, the topps of wormwood and Sentry of each as mutch as you take upp, betweene: 3: fingers, infuse all in a pint of good rhenish, or whitwine, 3: or 4: nights, and dayes, Shaking itt, 2: or: 3: times a day, then Straine itt through a fine peece of tiffany, and when itt is well Settled, power itt into a Viall, and take itt as you haue occassion, for a woman, 9: or: 12: Spoonfulls, according as you find itt worke and for a Child, 3: or 4: when you take itt rest 2 dayes, betwixt, twill prott

keepe good

Six orranges, and Six Lemonds, and putt into the woort, and boyle itt half an houre more, then Coole and Sett itt togeather, as other beare, and keepe Some out to fill upp the barrell After, itt is tunned, and workt out, when itt hath done working, putt into ye barrell, one pound, and a half of Cleare Loaf Suger, with half an ounce of Corriander Seede, the Like of Angellica, rootes, and as mutch ginger, Cloues, and nuttmaggs - - - - - - - - - - - - - -

To make Pippen Paste; Madam Boronfeerd

Take of the finest pippins, cutt them in halfes, and Sett them over the fiar, and Coddle them very tender, then haue a basket with a cleare Cloath, and as they tender, putt them in the basket, that the water may runn from them, and when they are all in, twist the two ends of the Cloath, that the water may runn Cleare from them, then putt two att a time on the renge, and with the back of a Spoone, driue the pulp through, then weigh the pulp, and to euery pound take a pound of Suger, then putt as mutch water, as will more then wett the Suger, Sett itt ouer the fiar, and Lett itt boyle, Soe Long as when you drapp itt into water, itt will be harde, and breake Like a peece of glass, then itt is enough, then take itt off fiar, and putt in the pulpe, and Soe keepe itt Stirring, till itt be Cold, then putt itt in a Tinn pann, and Soe drye itt, you may doe quinces, the Same way, only, you must add aquart of Suger more, - - - - - - - - - - - - - - - -

To preserue Apricockes - - - - -

Take Apricockes, when the Stones are firme in them, and to euery pound of apricockes, take a pound Suger, pare them very thinn, and Slitt the Same as you pare them, and putt them into Cold water, as you pare them, to keepe there Coullor, then putt them in a Skillett, with Cold water ouer the fiar, Close Covered, till the water be Scalding hott, then take them off the fiar, and Lett them Stand, till they be pretty Cold, then Sett

A Syrrupe for a Sore Throate: Mrs Sheldon.

Take rue, Sage, Collumbine Leaues, rosemary: Sinnell, Egremony, Sink foli, Straberrie Leaues, Violett Leaues, bramble Leaues, woodbine Leaues Adders tongue; throatwoort; plantin, of each two hand fulls: pound them, and take the Juice, add to itt two good Spoonfulls of honey, and as mutch Suger as will make itt, to a good thick Syrrupe, before you take itt off, putt into itt as mutch Allome: as will make itt rough, uppon the tongue; this may be taken, in the Small pox: measles. or Quinsey - - - - - - -

To make Cynnamon Water: Mrs Draycott.

Take half a pound of French barly, and: 5: quarts of Spring water boyle itt till a pint be consumed, then putt in: 5: ounces of the best Cynnamon, beaten, and Soe distill itt in a Comon Still, draw: 3: pints of the water, the rest will be good for Little, - - - - - - - - - - -

For a Loosness Madam, Ireland - - -

Make a glyster of Chicken broth, and giue itt the party: probatum est

To make the mellancolly Water: Madam Compton

Take of wall flowers: 4: hand fulls; of Violetts one hand full, of rosmary flowers, 4 hand fulls, of Cowslip flowers: 2 hand fulls, of damask rose buds the whits cutt off: 3: hand fulls: of pinks: 4: hand fulls, of burrage, and Buglas of each: 2: hand fulls: of marygold flowers: 4 hand fulls: of bittany and Sage flowers, of each: 2: hand fulls: and of Lilly Conually: and Clouegilly flowers of each one: hand full, putt all these flowers into one pint of Strong Angellico water, and: 2: quartes of the Strongest, and best Sherry Sack: putt in your Liquor, and flowers, into a greate glass or Stone Jugge, that haue a wyd mouth, and Soe Lett them Stand Close Stopt, till all your flowers, be in, but be Sure to keepe itt in a Cold place, or elce your wine will be apt to Sower you must once a day, Stirr itt with a Long Stick: then take off your toppes of bame: 5: hand fulls: half an ounce of Cynnamon: one ounce of Annisseeds - 3: nuttmeggs: 6: peny worth of Saffron, all your Spices must be grosly bruised putt all these to youre flowers, and wine: Adding one quart of Sack more Lett all these: Stand for two dayes: and nights; then distill them: in a glass

or rose,

To Drye Apricocks, Mrs Buckland, Junior -

Take ye fairest, Apricocks, and Stone them, and pare them; taking there full waight, in double refined Suger; well pounded, and Searced, filling upp the hole, as you pare them, with Suger; Lett them Stand: 12: howers: with all the Suger uppon them, then boyle them upp quick, and Skimm them Cleare, when you See them tender: they be enough, Lett them Stand: 12: howers more in the Syrrupe, then take them out, and Lay them on glasse: Dust them ouer; with fine Sifted Suger; putt them into a hott Stoue, - keeping the fiar well to them, they will be drye, in: 4: or: 5: dayes, and - Looke very Lovely - - - - - - - - - - - - - - - - -

To Drye Figgs: Mrs Buckland: Junior - -

Take a pound of figgs, and a pound, and a quarter of Suger; a pinte of water; Lett the water, and Suger boyle upp, then Skimm itt Cleare - then Slitt ye figgs on that Side ye Seare is on, putt them into ye Syrrupe and Lett them boyle, a good round pace, for an hower; then putt them into a gally pott, Sett them into a warme Stoue, and in two, or: 3: dayes, they will haue a Little Candy on the top: then take them out and drye them, in a hott Stoue: Lett ye figgs be through ripe, when you doe them, you may keepe your figgs in Syrrupe all the yeare, and drye them, as you haue occasion, - -

How to drye Ploombes - - - - - - - - -

Take ploombs, and Stone them, and weigh them, and to a pound of plums take half a pound of Suger; and half a pint of water; and boyle upp ye Syrrupe and Skimm, itt, and then putt in the plums, Lett them Simber: a Little ouer the fiar, then take them off, and the next day, giue them: a warme or two, and the next After, as mutch, then Sett them with the Syrrupe into the Stoue, three dayes, putting in fiar euery foote, then take them out, and Lay them on glasses, in the Stoue to drye, when they be drye, wash them with watme, water, a Little, and putt them in to the Stoue, againe, and the next day wash them, with Cold water and drye them uppp, and when they be drye, putt them in glasses to keepe

High as the neck of the Urinall, then Lett itt on a Euen fiar, indifferent quick, butt nott to hott, when ye oyle begins to heate, and Lymer, you must be uery Carefull of the fiar, for Should itt be in the Least two hott itt will flye all out without Staye, therefore itt must boyle uery gently and when you See itt Looke Cleare, and Change Coulor, Like a pale - Clarrett wine, take itt from the fiar, and the heate of the Sand will keepe itt boyling half an hower After, in which time itt will be enough you may, in the boyling of itt, Stirr itt Somtimes, with a slender Stick. uery gently, then Lett itt Stand in the Sand, till itt be Cold, then take itt out and drawe the ballsom from the brimstone, which will be att the bottome, and keepe itt in a glass. for your use, itt must be tooke 4. droppes in a Spoonefull of the best Sack, Last att night, and first in the morning fasting an hower After - - - - - - - - - - - - - - - - - -

A medecine for the Stone: Mr Seacombe - - -

Take a gallon of neve Milk, drawen, from a redd Cow, and putt therto a hand full of pellitory of the wall, a hand full of wild time, a hand full of Saxifrage, a hand full of meade perseley, and two, or three radish rootes Sliced, Steepe all these togeather in the milk one night, the next morning, distill the hearbs with the milk, with a moderate fiar, the best time for to distill this water, is about the Later end of may, use itt in the maner following, take of the water Six Spoonefulls, and of renish wine, or - white wine: 4: or 6: Spoonfulls, and a Little Suger, and Some Slices of nutt megg, make itt Luke warme, and drink itt, and fast: 3: howers, using temperatt excercise, take itt two mornings togeather, and allsoe, the two - nights of those dayes, to bedward, euery fortnight, att the full of the moone or the decrease, or oftner, as need requiers - - - - - - - - - - - -

This medecine, hath beene used by many to there great profitt, butt espesially by mr Farham, apentioner to his majestie, who hauing beene for the Space of thirty yeares, most greuiously handled, with the Stone, was by the use there of, nott only eased, and freed, butt to his dying day, Soe preserued from that dissease, that being opened After his death, there was nott found Soe mutch, as a signe of a Stone in any part of his body - - -

this is in no: 46

To make Codling Creame: my Lady: Shasberys Way

Coddle ye Coddlings, very tender; then pulp them, through, a haire Sive and take of that pulp, a pound, or half a pound, according to the bigness of the Vessell, you intend to putt them in, and putt itt into a Siluer; or earthen, Vessell, and heate itt Scalding hott, Stirring itt for feare of burning, then take the Same quantity of Searced Suger; and heate that Scalding hott, putt the Codlings and the Suger, togeather, in an earthen pann, and beate it very well with a Spoone, then take two whites of eggs, and whisk them with a whisk, to a very high white froath, and putt in a Spoonefull, or two, in the beating upp ye Creame, and Lett itt be beaten, till itt is as white as anye Creame, and Soe thick that you maye Lay itt in any forme, with a Spoone, thus you may make Creame, with any Sorte of Fruite: - - - - - - - - - - - -

To pickell Cowcombers - - - - - -

Take them, and rubb them, in a Course Cloth, then putt them, into a pott, with Salt, Cloues; mace, pepper, all whole, a handfull of dill: as mutch Viniger, as will Couer them, Soe Lett them Lye a month, then, boyle the pickle, and putt itt into the Cowcombers, as hott as you can, couer, them, close

To pickell Samphear. - - - - -

Gather itt drye. putt itt in faire water, Vinegar, and Sault. in a month itt will be fitt to Serue, - - - - - - - - - - - - - - - -

To make a Cake - madam Ireland - - - -

Take a peck of fine flower, well dryed, and: 3: pound of butter, very well rubbed in the flower, one pound of Sugar, finely beaten, and Strewed in the flower, as mutch Spice as you think fitt, beaten and Searced, in the flower, when all this is done, add: 10: pound of Currants, very well washed, and throughly, dried, two pound of reasons of the Sunn, Stoned, and Cutt Small, when all these things are well mingled to geather, putt: 3: pints of Ale yeist, and as mutch Creame as will, make itt, as Soft, as for a pudding: you must putt one wine glass full, of Sweet, water, with two grains

of Ambery

Are done the redd poppyes: The Water is now made thus, take a quarte of the Spirritt of Cardus, and a quart of the Spirritt of poppy, a Little Stronger then Sack, infuse therein: 4: ounces of marygold flowers Six ounces of Succory rootes, two ounces of London treackle, 4: ounces of Cardus Seed, two ounces of harts horne, and twenty greene Wallnutts Sliced, infuse all these; 9: or: 10 dayes, then distill them in a Common Cold Still, mingle itt about the Strengh of Sack, and giue itt the patient fasting, two howers, before, and After the taking of itt, he must be in bedd, you must two howers after the taking of itt, giue the party adraught of mace Ale or possitt drink, if they be nott asleepe, itt may be giuen them once, in twenty foure howers: or: 12: howers if need be, 3: Large Spoonfulls for a man or, wo man, and two for a Child - - - - - - - - - - - - - - - -

To make Lemonade Mada Smittisons Waye - -

Take a gallon of Conduitt water, one pound of blew reasons of the Sun Stoned, and half a pound of Sugar, Squeese the Juice of the Lemonds, uppon the reasons, and Slice the rinde uppon them, boyle the water, and power itt in hott on the ingrediences, in an earthen pott, and Stirr them well together Soe Lett itt Stand: 24: howers, then putt itt into bottles, having first lett itt runn through a strainer, and Sett them in a Celler, or other Coole place - -

The Woorme powder - - - - - - - - - - -

Take of woormseed two ounces, of Sena half an ounce, Corriander Seedes and hartshorne of each two Scruples, rubarb two drams dryed rue, one dram: beate them into a fine powder, and mix them all togeather, the dose for Little Children, as mutch as will Lye on a shilling, for bigger ones, a Spoonefull, 3 dayes before the Change - - - - - - - - - - - -

A Balsome Mrs Pikes Way - - - - -

Take one pound of oyle of white turpintine, and putt itt in a strong urinall, then putt the purest flower of brimstone into itt, as mutch as will fill itt upp, half way to the neck, or Somthing better, then take a strong pipkin, well glaged, Sutch a one as will hold a gallon, then fill itt upp allmost full of Sand, made very Cleare from knobs, then Sett downe the Urinall, in the midst of the Sande, Leauing Space, be tweene the bottom of the Urinall, and the pipkin, the Sand must be as

High as

Of Amber greace, as mutch musk, when all things are togeather take half a pound of Candied Cyteron, and orringes, cutt in slices and putt in heare, and there, as you think fitt to mingle itt, then putt in to your hoope, itt will take: 5: houres baking, when it is enough, you must Ice itt. - - - - - - - - - - - - - - - - -

To make a good Seed Cake - - - - -

Take: Seauen pound of flower, and putt to itt an ounce of beaten mace, mix them well together, then take: 30 eggs whits and all. and beate them, well to gether, then putt a quart of new Ale yeist, and half a pint of Sack, and Stirr them very well together, then take, a quart of Creame, and putt to itt a pound of butter, cutt Small, and keep itt Stirring with youre hand, that itt doe nott oyle, till itt be dissolued: then take itt off the fiar, and putt to itt a pound of fine Suger then make ahole in the flower, in the middle, and power, in the eggs and the Creame, and Stirr them, well together, with ye hand, that you Leaue, noe drye flower, and when itt is well mixed, Strew a little flower ouer itt, and Couer itt with a Cloath, and Lett itt Stand with in the Ayre of the fiar, one houre, then take: 3 pound of Carraway Comfitts, one pound of Cyteron, and half a pound of orringe, and Lemon and with ye hand, mix them all in the Cake, then butter ye paper well, and flower after, and putt in ye Cake att the Ovens mouth haue a Quick oven, one hower, and a half, will bake itt, or Less - -

A receipt for Sider - - - - - Mrs Brewning

After the Apples haue hung as Long as well they carr: on the trees oft to Lye in heapes: 3 weekes: or more, then pick them Cleare from rotten ones, press: and Straine them through hayre bagge, into a keeue or open Vessell, that will Contayne the whole Juice: then Couer itt ouer with a blankett: for: 4: or: 5: dayes: fill itt to nott to full, butt Leaue Space for itt to worke, then peerce itt aboue the Lees: and draw itt into Vessells: if the weather be good itt will Cleare in: 10: 12: or 15 dayes: to rack a Second time, which Clearness you may See, by percing: as before, and trying: itt must nott be Couered close till: 5: or: 6: weekes: to hinder itt from working

too mutch

Rosa Solis Water - - - - - -

Take Liquorish: 8: ounces. Annisseed. Carriway Seede: of each one ounce dates. and raisons Stoned of each: 3: ounces, nuttmeggs, ginger, cynnamon and mace, of each half an ounce; gallingall a quarter of an ounce, Cubbibs one dram: figgs two ounces, Suger: 4: ounces, bruise these, and dissotill itt with a gallon of Aque Vita, when its distilled, you must Color with the hearbe rosa Solis - - - - - - - - - - - - - - - - - -

Butter Milke Water for a Feauor - - - - -

Take of broad plantine, Elder flowers, and the flowers, of honey, Suckles of each alike quantity, filling the Still, with fresh butter milke, and Still itt in a Cold Still, in a burning fitt, itt will quench, the thirst mightyly - -

For the Yellow Jaundice: Mrs Knypes - - -

Take a good handfull of the greene Leaues of Articokes, and boyle, in two quartes of middle beare, or white wine, till itt come to one quart, drink a wine glass of this, as Long as itt Lasts, morning and Euening - - - - - - - - -

The Stomack Water - - - - -

Take a gallon of the best brandy, two pound: and a half, of reasons of the Sunn Stoned, one pound of Loafe Suger, two penny worth, of Saffron, of Cloues, mace Cynnamon, nuttmegg, Annisseed: and Liquorish, and mellelott flowers of each half an ounce, bruise all these ingrediences, then putt them into an infusing glass with one pinte of damask rose water, and one pinte of redd poppy water then Shake itt well euery morning for a fortnight, and then Straine itt, and take of itt the Cleare, and putt itt into bottles, for youre use, The Second infusion putt in: 3: quartes of brandy more, with a pound of Suger, and one quart of milke water, and After this hath Stood Long enough, Straine itt, and Still the druggs, and you will haue neare, a quart of water more, for aney Stomach, Illness, or Surfitt take: 4: Spoonfulls of itt in a morning, for two or three dayes togeather - - - - - - - - - - - - - - - - - -

The Feavor Water, of my Lady Brookes - - - -

Take good Stronge Ale, fill the pott, Sett the Lymbeck, and putt in as mutch Cardus, as will make itt very thick, Sett the Lymbeck, ouer pasting itt, very close, then distill itt with a very Soft fiar; deuiding the water, into two part: when you are to use itt, mingle itt a Little Stronger then Sack, in Like maner

are done

To mutch: in which Consists: the Goodness of the Cyder: that is, that worke nott to mutch: then rack itt a Third time: and Stopp itt upp note -- if you designe: to keepe itt Long: and haue itt of a Strong body: take of pippins: or paremains: wiped Cleane; and putt in to a hoggs head: the quantity: of a peck or more, whole and Intire: if the Cyder doe nott Cleare in a short time: after tis in the Vessell: and that itt keepes working very mutch, then the best way is to take itt out of the Vessell, againe, and Lett itt Stand in a tubb: open a night or two: and putt itt upp againe, or Else: Cleare itt with Ising glass which must be done thus -- draw out about a gallon of Cyder out of a hoggs head: and boyle in itt a quarter: of a pound of Ising glass till tis dissolued: the next day when tis through Cold: itt will be in a Gelly: Soe putt itt into the Vessell, in a weeke time itt will be Cleare: then itt must be drawed: off or bottled: for present drinking: for itt will nott keepe: Soe Long as: that: which Cleares: Its Selfe - - -

Mrs Irolands Diet Drinke:

Take of Horseradish roots, and Lovage roots, of each six ounces: of wormewood, Century and Sage, of each 2 handfulls: of barrey seeds 3 ounces: of Juniper Berries 4 ounces. — Bruise all those Roots and Berries. Boyle all in good ale, 9 gallons to 7: Straine it, set it to worke, and when it is cleare, drinke of it at eight in the morning, and four in the afternoone: add to this 3 handfulls of green Broome 2 of redbright and ounces of Guacum Wood; When it has done working Hang in a bagg of Chickebabbs halfe a pint bruised of Nutmeggs number 6 sliced, and a Bullet to make it Sinke:

Doctor Perinns Diet Drinke for my self:

Take of Sarsafras one pound, of Marshmallow roots halfe a pound, of Wildcarratseeds 2 ounces, boyle all in ale, being thinn sliced, and the seeds bruised in eight Gallons, and drinke it of when it is cleare, for ordinary drinking: add to this 3 handfulls 4 ounces of Juniper berries

To Make Sr Wm Astons Sarsa Drink

Take eighteen quarts of spring water and set it over the fire when scalding hott put in Sarsaparilla 6 ounces China roots 4 ounces and ½ stick liquorish 2 ounces and 2 drachms, raisons of the Sun stoned 1 pound & half let them take one boyle then take them from the fire and let it stand close couered till it be cold then set it over the fire again and boyle it easily untill a third part be wasted take it off the fire againe let it stand till cold then strain it off put a little barm to the clear liquor the next day draw the clear liquor into bottles and you will haue about ten quarts cork it clos and keep it coole add to the Ingredients Harts horne shiuing of each one ounce and half

The true Swallow Water, For the Falling Sickness.

Take: 40: or: 50: Swallows, when they are reddy to fly, bruise in a morter feathers, and all, add therto, Castoreum, two ounces, in ponder; Sett itt in a cold Still, with three pints of whitwine Vineger; Still itt as other waters itt will be weake, you may Still itt with Suger; Soe keepe itt for ye use - -

The Virtues - - - - -

Itt is good for the passion of the hearte, for the mother, for the falling Sickness, for Swounding fitts, the dead pallsy, for Light ness, or diziness, in the head -

To make Ink - - - - -

Take a quart of raine Water, putt into itt; 4: ounces of greene Coppris - 4: ounces of gauls bruised, Stirr this once a day, for the Space of: 8: dayes, then putt in: 2: ounces of gumaraback, Stirr itt once a day, for the Space of: 4: then boyle itt gently one hower, then Straine itt - - - - - - - -

To dye Purple - - - - -

Take as mutch blockwood, as you can take upp, betwene ye fingers, to a quart of rayne water, and as mutch Allome as a wallnutt, boyle itt half an hower, then putt in ye Stuff, or Silk, and Lett itt boyle a pretty while, then rence itt in Cold water, wherein must be gum, and a Little Suger - - -

Doctr. Waldrons Electuary - - - - -

Take of the ponder of the rootes of Angellico, and Sedwall: of each half an ounce, of the rootes of tormentill, pondered, two ounces, Venice treacle, and methredate, of each two drams: Confection of Alshermis: 3: drams Syrrupe of: 5: oppening rootes: 4 ounces, bole armoniack: one ounce Conserue of red roses one pound: all these mingled together - - - - -

Mr Ropers receipt for the biting: of a Madd Dogg - -

Take the inward yellow rind of buckthorne, or wiar thorne, and Steeppe a hand full of itt in a pinte of milke, all night, in the morning boyle itt, and Straine itt, take this quantyty for: 3: mornings together, full and neve

moone

Well, and Straine itt, giue a Little Child, about: 3 or 4: months old: 3: childs Spoonefulls; accorrding to the Strengh of the Child you must increase the Number of the wood lice, and giue bigger Spoonefulls, this is to be giuen; 3 dayes before, and: 3: days, after, the full, and new moone.

The Swallow Water for the Falling Sickness - - -

Take of dubble piony flower, Cowslipp flowers, of each a pound, putt them in Vineger, in Seuerall, Vessells, keepe them close Stopt, then take 8: or 10 Score, of young Swallows, Stamp them with nuttmeggs, and, cinnamon, of each: 4: ounces, mace, and piony Seeds, of each two ounces, cloues one ounce, putt: 3: or 4: hand fulls of rosmary, in the bottom of the Still, and on the topp; 6: hand fulls of redd roses, Steepe them: 24: howers, in as muteh, whitwine Vineger, as will couer them, then Still itt in a Limbeck, with a uery Soft fiar, you may Steep dryed flowers, if the fresh, are past - -

For a Consumption - - - - -

Take a pigg, a fourtnight old, take out the Eyes, braines, and Gutts and draw itt uery cleane, wash itt and putt in the belly, 3 quarters of a pound of currants, allmost half an ounce of mace, then Sow upp the belly, and take a new earthen pott, thatt hath Stood a day with water in itt and wash itt cleane, and putt in the pigg, putt in allsoe: 3: pints of malmsey then Stopp the pott fast, and Sett itt in a kettle of water, and Lett the water Seeth, till the pigg, be consumed, then take itt upp, and power itt through a Strainer, as cleare as you can, with out, rubbing, or crushing then Lett the Liquor Stand, till itt be cold, and then Scum, of the fatt, uery cleane, and putt in Som redd rose water, and warme there off, two Spoonfulls euening, and morning, or att noone, and giue the patient to drink, and itt will help him, all though, he be farr Spent, Mrs Waight: - - - - - -

For a Tetter or Ringworme - - - - -

Take the white of an Egg, roasted, mix itt with white Copris, Straine them through a Linnen cloth into a glass, or Stone, and annoynt, euening and morning -

For the Pallsey - - - - -

Take Flowers of rosmary, and flowers of Cowslipps, in good quantity, Steep them in Malmsey, all the night, and Still them, and drink the Water - - - -

Good to Stay the Water, in a man, Woman, or Child - -

Take porkers claws, and dry them in an Oven, pound them to ponder and take as mutch of the ponder, as will Lay on a groat, or Sixpence in the morning fasting, for amonth togeather, in any thing the takes-

The Greene Oyntment - - - - -

Take of night Shade, redd Sage, rosmary, Lougage, Adders tounge rose of Solos, bays, rue, plantin, woormwood, Spike, Ishope, Sowther wood, Selfheale, whitworth, tutson, of each alike quantity, Shreed them, and Lay them in barrow hoggs Larde, allnight, then boyle them till all the Sape of the hearbes be out, and putt itt in a pott - - - - -

To Cleare the Eyes - - - - -

Take a little Vargice, and a Little, white Suger candy, putt them to geather, and dropp them into the eyes, Mrs Waight - - - - - - -

For the Goute - - - - -

Take a hard full of mallows, and as mutch redd nettle topps, and as mutch of camomill flowers, and as mutch of Crums of bread, boyle all these in a quart of running water, rising from the east, and make a playster, and roule itt very hard, and apply itt, as mutch as the patient can Suffer: -

An approued Medecine for Loosness - - - -

Take the white of an egg, and beat itt thorrowly, mingle itt with Chalk very finely, Scraped, till itt be thick enough to Spread, Spread itt on a peece of white Leather, and Lay itt to the Nauill, - - - - - - - -

A Speciall Salue for any Green Wound - -

Take: 4: hard fulls of Clowns All heale, Stamped: 4 ounces of barrows greace half a pint of oyle, of ollive: wax, three ounces, which boyle to the consumption of the Juice, which is when itt Leaues bubling, then Straine itt and putt itt to the fiar againe, adding, two ounces of Turpentine, boyle itt a Little, when you use itt warme itt, and dipp in tents to putt in ye wound

For Fitts in Children: - - - - -

Take of penny royall, rue, and black cherrie water, of each, three - Spoone fulls, putt thereto; 100: or Sixscore wood lice, bruise them, very well,

For a Straine. or bruise - - - -

Take rosum, bees wax, Stone pitch, and frankcomsence, of each a quarter of a pound, of Sallett oyle, and cloues, a Little, boyle itt all to geather, and keepe itt for ye use, when you haue need of itt, Spread itt on Sheeps Leather, prick itt full of holes, and pound cloues, and Strow thereon, be Sure you bruise ye Stone pitch well or elce, itt will nott melt -

To Stay. any Bleeding - - - - -

Take half adram of Allocs, adram of frankcomsence, adram of bole armonick the best, beat all these into a ponder, the way to use itt, is with the white of an egg, and the furr of a hare, to be beaten to geather and Strow the ponder uppon itt, and if the floucks of blood be mutch, Lett itt Stay on 24 howers, if itt be nott mutch: 12: howers, will be enough. - - - - - - - - - - - - - - -

A receipt for a Third Ague. - - - - -

Take a pint of midling beare, a small Spoonfull of pepper bruised 4 or 5 bay Leaues, the Innard pyle of young Ash, of this yeares Shoots half a hand full, boyle all these to geather, and giue the patient, a good draught of itt Just as the fitt cometh, and Lett him Stirr after itt, as mutch as he carn, then Sweate, R: H, from Mrs Englfield - - - - -

For a Cough - - - - -

Take half a peny worth of ponder of Liquorish, and as mutch of the ponder of Allicompane, and as mutch of flower of brimstone, and an ounce of browne Suger candy, half a peny worth of ponder of Annisseeds mix these with honey, to the Consistence of an ellectuary, and take thereoff: 2: or 3 times a day, the bignes of a Fillberd:, F Brue. - - - -

For a Cold - - - - -

Take a pound of treacle, a quarter of a pound of Suger candy, finely beaten, putt them into an earthen pott, on a soft fiar, till they be diss olued, then putt in the quantity. of a wall nutt, of Sweet butter, Stirr itt. with a Liquorish Stick. Scraped, take itt euening. and mornings. according to dirrection, Hamersmith - - - - - - - - - - -

Fixed, itt will make the party very Sick, for itt only worketh on the humors, more or Less, as itt find cause, this hath cured a hundred with out any danger, att all in itt, if the patient, be exstreamly weake att the first, taking there off, itt may be Left off att the first taking - for the present, butt the perfect cure is to take itt as before, att thrice and then itt is infallible, in such Sort, that the party, will never, be - troubled with itt againe, this causeth the patient to Vomitt, which if itt doe painfully, he may take Some thinn broath, which will cause to come uppp the Sooner, and more easily - - - - - - - - - -

A receipt for the Scurvy, or to make one. Digest his Meate - - - - -

Stamp, and Straine Severally, Garden, and Sea Scurvygras, brook Lime, and water cresses, mingell of these Juices, a Like quantity togeather, in a deepe earthen pott, to a quart of Juice, Squese in, the Juice of 10: or: 12 orringes, Soe Lett itt Stand all night, the next day power gently, the cleare from the greene dreggs, through a Flannell, into bottles, putt into each, bottell, two Spoonefulls of Suger, take in the morning, and att: 4: a clock: in the After noone: 5: Spoonfulls in a glass, of whitwine, or Ale, walk an hower itt, you maye take itt a fortnight, or a month, as you please - - - - - -

The redd: Powder

Take one ounce, of white, camfire, two ounces of white Coppris, four ounces of the best bole Allmonick, take the camfire and Sett itt over the fiar, in a earthen pott close couered, till itt is well dissolued, that you may bruise itt to a ponder, burne the Copprice in a fiar pann - Drye ye bole Allmonick, and pound them well togeather. - - - - -

To make the Water - - - - -

Take a pint of Spring Water, and Lett itt boyle, and putt in half a Spoonfull of ponder, and Lett itt Stand, while you may tell twenty - - -

To make the Greene Oyle - - - - -

Take hounestounge, Ellicompane, tutson, Selfheale, plantin herbane, nitshade, of each a quarter of a pound, to: 5: pints of oyle boyle over a gentle fiar, till the hearbs, be crisp, itt must be made in June. - - - - - - - - - - - - - - - - -

Giue to the Child, three Spoonfulls. First in the morning, and Last att night, for three dayes to geather, and rest three dayes, Soe doe till ye doas is taken, the March Month is the best time to take itt, if the Child be uery weake itt must take two doases, resting two weekes betweene, then itt must eate noe milk while itt is taking of itt nor Suck - - - - - -

For one that hath Miscarryed: or Like to Miscarry - -

Take redd wine, or Clarrett, with the treadings of: 6: eggs, and a pretty deale of crimson Silk, cutt in itt with Loaf Suger, and take warme, is uery good

To repeall a Umor

Take uguintum album, mix itt Strong with Camphir, and annoynt about the wound, if that will nott doe you must make an Issher - - - - - -

For the Cure of a Sting, by Snake, or Adder, in Man or beast - -

Take one Spoonefull of bay Salt, pound itt uery Small, and two great redd onnyons, Shread them Small, and pound them with the Salt, putt there to a Spoonfull of honey, and a Spoonfull, of Sallett oyle, mix these ingredients well to geather, which is Suffitiant, for once to annoynte, the place agreeued, and noe more, Soe that if there be occasion, of more, you must dubble the quantity of the Said Ingreadiants, probatum, est - - - -

A Playster, for an Ache in the Shoulder; Arme or: elce, where, that cometh, by Cold: or other wayes -

Take execrotium, of diapalma, of diaculum, cum Gummis, of parracellcis, of each, half an ounce, dissolue them in Vinegar, good for all Aches - -

A most Seartaine Cure for the Falling Sickness If itt be rightly Applyed - - - - -

Take one handfull of pollypodum of the oake, and as mutch foxgloues Leaues, which drye, and chopp them Small, and Steepe them in a quart of good Ale or beare, all night, boyling itt, the next morning, to a pinte then Strayne itt, and deuide itt equally, into three parts, giuing the party to drink thereoff, euery other morning for three times, the party must keep uery warme, and about an hower, and half after, he must take a draught of warme thinn broath, if the dissease, be uery firmly

fixed

The Swelling Oyntment - - - - -

Take Chickweed, hayhose, mother wort, browne Sage, of each a good hardfull, burdock roote, washed, and Scraped very cleane, the pyth taken out one good hardfull, boyle these in hoggs Larde till the hearbs be crisp - - - - - - - - - - - - - - - - -

To Incorperatt Flesh - - - - -

Take ortius Linimentium, and apply to the wound, appon, Linnitt - -

To make the Greene Oyntment - - - - -

Take a cleane Skillett, and putt into itt of rosin the quantity of a wall nutt and when melted, putt to itt the Like quantity of wax, and when that is melted, putt to itt of tryed hoggs grease, half a pound, allsoe being melted, putt into itt of comon English honey, one Spoonefull, all being melted, Stirr itt well togeather, and putt into itt of ordinary, turpentine, half a pound, and when itt is dissolued, take itt off the fiar, and putte into itt of Verdigrease, made into fine powder one ounce, and Stirr itt well togeather, but be carfull itt runn nott over, for the Vardigrease will make itt rise, then Sett itt ouer the fiar till itt doe Simer, butt Lett itt nott boyle, because itt will then turne redd, and Loose its Virtue of healing, and become Corrosiue: Strayne itt through a Cloth, into an earthen pott, and keepe itt for your use - - - itt is good for any green wound on horses - - -

Take Fayre Water: 2 quarts, and putt into itt of greene Coppris, half a pound, and of Salt one hardfull, and of ordinary honey one Spoonfull, and a branch or two of rosmary, boyle all these, till one half of the water be consumed, and a Little before you take itt from the fiar; putt to itt the quantity of a doues egg of Allom burnt, then take itt from the fiar, and when itt is cold, putt itt into a glass bottle, and Stopp itt close, and keepe itt for ye use, and when you are to dress any Soare, wash itt cleane with this water, and if the wound be deepe, Serring itt, this is to be used before the greene oyntment is putt on, - - - - - - - - - -

For the Ricketts

Take: 12: Spoonfulls of harts toung water, add to itt: 4: Spoonefulls of of Syrrupe of gillyflowers, as mutch Allcermis, as a hassell nutt, and six dropps, of Spirritt of Sullfer, if itt be very good, if nott more

giue

The Greene Oyntment - - - - -

Take clarifyd rosin, the bignes of a wallnutt, breake itt Small, then putt itt into a Skilled, when itt is melted putt in as mutch bees wax, and Sturr itt togeather, when itt is melted putt in half a pound of ordinary turpentine, keepe Sturring of itt with a Stick all the while, when that is melted. putt in one good Spoone full of honey, when all this is melted, and well Sturred togeather, then take itt off the fiar, and Lett itt Stand, a Little while, then putt in one ounce of Verdigreas, made into fine powder keep Stirring of itt, whilst you are putting of itt in, that itt may not run over, the Sett itt ouer the fiar againe, and when itt begins to Seimor take itt off, and Strayne itt through a thick Linner cloth, butt you must not Squeese itt, tye itt upp close for ye use; The Virtues, Itt cures all Fistulos, or ulcers, conditionally, that you Search itt to the bottom itt keeps proud flesh from rysing, about any wound, for cutts or Strayning, in any beast, only annoynting the wound, itt will keepe itt from Swelling, or festaring, allthough itt be att aney time of the yeare you must not couer the wound, you use, this for; nor tent itt, unles itt be a deepe wound, and that must not be of aboue; 2: or 3 dayes, itt cures a gall horse back, and will keepe the flyes, from any wound, itt draws, out thornes, out of horses, feett, and for a greene wound itt hath noe fellow - -

For the griping of the Gutts

Take: 3: drops, of the oyle of ginepar in whay or possitt drink - - -

A Medecine for the Shingles

Take the Juice, of whitwort, and Sallett oyle and beat itt togeather, till itt be thick, then annoynt, the party greiued - - - - - - - - - -

For the hardnes, in the Breast - - - - -

Take a peece of new flannell, and cutt itt, with a hole, for the nippell, frye itt well in salt butter, as a pancake, and apply itt as hott as you can well, Suffer itt, change itt againe if the paine continue - - - - - - - - -

For a Fistilo - - - - -

Take a quart of Spring water, putt as mutch white coppris, as Allom in powder, as will Lye on halfe a crowne, and putt itt into the water when it is redy to boyle, and keepe itt for ye use - - - - - - - -

The Browne Salue - - - - -

Take one pint of oyle, half a pound of red Lead, a quarter of a pound of wax, boyle these till itt be of a browne couller, then Straine itt into an earthen pann, and Stirr itt, till itt be cold, then make itt upp in roles, this is good for Straynes, and for all wounds, old or new bruises Burn^t Taffler = the fire out

The Burnt Oyntment - - - - -

Take to one pint of Tallett oyle, of elder buds, and the midle rine, of elder, of Singreene, of plantin, of each a good handfull, two Inches of a cotton, candell, and the: 6:th part of a pint of uinegar, boyle these to geather, att a soft fiar, for halfe an howre, Stirring itt, Somtims then pass itt through a course cloth, and putt itt in againe, into the pipkin, then putt to itt, an ounce and half of yellow wax, when itt is melted and cold, putt itt in a pott, when you use itt, Spread itt then, on Linnen, and Laye itt on the burnt place, Letting itt Lye 24 howers - if that suffice nott, refresh itt, the other 24 howers, itt doth preasantly. take out the fiar: cooles in a quarter of an hower, itt is good for Swelling -

Angell Salue - - - - -

Take perrosin: 8: ounces, and rosin 8 ounces Virgins Wax, and Frankensence, of each - 4 ounces, mastick: one ounce, harts Suett 4 ounces, camphir: 2 drams - beat the rosin, mastick, and frankinsence, in a morter, together, to fine powder, then melt the rosin, and wax to geather: then putt in the powder and when they are well melted, Straine itt through a cloth into a pottle of whit wine, and boyle itt to geather: till itt be Som thing thick, then Lett itt coole, and putt in the camphir, and 4 ounces of uenice turpentine - drop by drop, Stirring itt continually, then make itt upp into roles, and doe with itt, to the pleasure of god: and health of man: itt will draw and heale -

The Cough Medecine - - - - -

Take Aneseed, Liquorish, of each two ounces, of elicompane, halfe an ounce, of ginger, a quarter of an ounce, mix all these ponderers, uery well to geather, then take half a pint of honey, and make itt bogle - Skim of all the froath, uery cleane, and putt in two good Spoonefulls of this ponder, and Sturr itt well to geather, take as mutch of this as a nuttmegg, morning, and euening, and att any time, when the Cough is troublesom, probatum est, itt is good for Cough or Tissick - - - -

Glasse full, att a time, the party must forbeare Salt meats, as mutch as he can, and any excess in drinking, if itt purge by urin, itt will ceartainly cure, if you follow itt Some short time, - - - - - - - - - - - - - -

To make the Sweet Water - - - - -

Take a Thousand damask rose buds, cutt of the Whites, three hand fulls of the topps of Lauender, one ounce of cloues, finly beaten, one quart of raine water, beat all these in a stone morter, Lay a row of roses, a row of Lauender Sprinkle in the Spices, wetting itt, Still with raine water, and Soe keepe beating itt till itt will worke Like dow, then Still itt in a Cold Still, with a gentle fiar, in the bottle, that you receaue the water in, hang in a Tiffany bagg two graines of musk, Still itt as Long as itt will dropp, if you cannott haue raine water, you may take other water, but raine water, is the best -

A receipt for a Seare Cloth - - - - -

Take a quart of the best Sallett oyle, half a pound of redd Lead, half a pound of white Lead, a pound half a pound of body wax boyle them allto geather, untill they be thick enough to Stick to the Cloth, itt must be allways Stored, with an Elder Stick butt when the oyle, and Leads be boyled, then putt in a dram of Camfeare = when itt taken of ~~the~~ fire:

An aproued: poultis, for a Straine - - - - -

Take: 6: Shell Snailes, after there Shells, are taken awaye, putt them into a dish or bole, and Stamp them Small, to geather, with a hand full of redd Sage, then putt them into a skillett, putt thereto a hand full of oate meale, and a pint of milk, boyling all to geather, till itt be of a convenient thicknes, for a poultis, then applye itt to the place greiued changing ye poultis euery: 12: howers, for: 3 times, within which time by gods blessing, will be found ease, probatum est - - - - - - - - - -

To driue: any redness out of the Face - - - - -

Take a pint of whit wine, and half a pint of brandy: 4: ounces of bitter Allmonds, blancht, and pounded, with Some of the whit wine, to a perfect milk, then mix itt to geather, with a penyworth of canfeare, and the Juice of a large Lemon, -

The Burdock Oyntment - - - - -

Take: 2: pound of hoggs Larde: 2: hand fulls of redd Sage, a pound and half of burdock rootes, Scraped, and wipt, not washt: 2: hand fulls of burdock Leaues, Lett these boyle till the hearbs, be crisp, itt is most excellent for any Swelling, or Straine in man, or beast - - - - - - - -

To make an Oyntment, for all Squatts, Cankers - - tettars, ould Soares - and many other distempers

Take of the rootes, of wild buglis otherwise called, All cannett, Scrape of the rine to the pyth, being first rubbed cleane, with a drye cloth, putt ye Scrapings, into an earthen pott, or pipkin, then couer them close for: 24: houres, then take unwashed butter, and clary fye itt well, and Skimm itt well and cleane, then putt the butter, boyling hott into the Scrapings, that done Sett the pipkin, on the embers, and Lett itt boyle half an howre, then take itt off the fiar and Straine itt, and boyle itt a pace, for half an howre Longer - which done, take itt off the fiar, and putt itt into gally potts and keepe itt for ye use, you are to putt to euery pound of butter, two pounds of Scrapings - may butter is the beast - - - - - - - - - - - - - - - - - -

Take one pound, of the Scrapings, of buglis, Alis, alcannett, and a pound of clarified butter, unwashed, and a pint of the best oyle of ollive, 20 earthworms well purged in moss, putt the earth wormes, into the Scrapings, clary fye, the oyle and putt itt uery hott to geather, putt itt uery hott, with the butter, to the - Scrapings, and earth wormes, and Sett itt to the fiar, and Lett itt Seimer or boyle a quarter of an hower, that done Straine itt into a glass, and keepe itt for ye use, itt is good for all inward, ulcers, rotten Lunges, or any other inward greife, you must take, two Spoonfulls, of the Afforsaid oyle, and one Spoone full of Sack, Luke warme, and drink itt att any time, when need requiers - -

Thorne Apple Oyntment: - - - - - -

Boyle the freshest, and greenest of the Leaues, first Steept in Larde, till itt be uery greene, then Straine itt, and keepe it for ye use - - - - - - - -

For Salue - - - - - -

Boyle them in Sheeps Suett, two pound, when itt is uery greene Straine itt and rosum one pound, makes itt upp in roles, the oyntment, cearrtainly cures all burns, and hott, and Salt yeoumors, the Salue is uery good, for any wound: or - Sore, new or old -

For a Dropsie

Take a quart of renish or whit wine, and putt into it halfe a porrenger of the Ashes, of wormwood, a porringer full of the Ashes of broome, Steepe these: 12 houers, in the whit wine, add a good Stick of Cynnamon, then draine itt - through a gelly bagg, giue to the party morning, Afternoone, and night, a wine

glassfull,

All, Spotts, and yallowness, a good march mallow roote, made very cleane, butt not Scraped, Slitt itt, from the pith, bruise itt in a morter putt them into a well glased, earthen pott, and add to them, 7 or 8 Slices of white Lilly rootes, two as mutch of the rootes of Sollomons Seale, Some 10: Leaues of Sende greene, called house heale, pile, and bruise them, putt them into the pott, haue in readiness, half an ounce, of bengimen, as mutch of Storex, bruised, and: 20: great fatt Snayles, cleansed, and taken out of there Shells, wipe them, and putt, them into ye pott, then putt, uppon these things, a Lay of Suett, Some of ye bengemen, and Storex, and a blade of mace then Suett, and Soe the rest, till all be in to ye pott, Sett ye pott, into a pott of water, close couered, and Lett itt boyle, Leasurly: 3: howers, you must putt into ye Suett, a pint of damask rose water, and beane flower water before you putt, the pott into the water, where itt is boyled, Straine itt into an earthen bason, through a fine cloth, doe not wring itt, Soe Lett itt coole, when itt is cold, take the Cake of the water, wipe itt drye, Scrape off the bottom, and hang itt in a cold place, for Some time; keepe itt allways cold, when you are to use itt, Slice itt into an earthen bason, or pott, Sett itt in a pott of hott water, when itt is well melted, Strayne itt into a gally pott through a fine cloth, where in is halfe an ounce of parmacyty, that is white and cleane, and beate ye Suett one hower, then putt into itt, one ounce of oyle of beane or oyle of Sweet, or bitter Allmonds, and beat itt an hower more, if you will haue itt very Sweet, putt: 2: graines of musk bruised, and tyed upp in a tiffany, putt itt to the Suett, the Second melting - - - -

A Drainch for a mad Dogg - - - - - -

Take Veruaine, betteney, rew, box, gladden dauemores, wood roase Starrs of the earth, and gods of the earth, of each a good hand full, egremony, ponder of Ellicompane, two peny worth, blacks of crabbs claws a pound, boyle this in Strong beare, and giue a pretty, quanty ty, to the dogg, three times, before the New, and full of the moone and Soe for three moones following, att itt will ceartainly cure - - -

The Fistula ponder - - - - -

Of White Coppris, and rock Allom, of each alike quantity, and pound them Small, putt them into a new earthen dish, Sett itt on the fiar, boyle boyle itt till itt be harde, Stirring itt Continually - - - - - - - - -

A Receipt for the Tooth Ache - - - - -

Take a little whitwine Vinegar, and putt itt in a sawcer, ouer a few coales, putt into itt a little Lump of Allom, and as mutch tobacco Ashes tyed in a ragg, as is Left of the Smoking of two pipes, after itt hath Stoode a little while on the coales, take a Little ragg, twisted on a a stick, and dipp in the Liquor, and putt itt to the hollow part of the tooth

A receipt for the Kings Euill. - - - - -

Take a good quantity of redd Nettles, and half as mutch of Speedwell or fluellen, take of guiacum, half a pound, Sarsaparilla: 4: ounces, bruise, & hearbs well, before you putt them in, and add new milk, one gallon, two quartes of white wine, and two quartes of Ale, and draw off 6 quarts, take a quarter, of a pint, euery morning, and att: 4: a clock, in the Afternoone and att night, Sweetened, with Syrrupe, of Elder berries - - - - - - -

To make the Mellilote Salue. - - - - -

Take Sheepes Suett: 2 pound, minced very Small, putt itt into, a Skillett, over the embers, then take: 5: or: 6: handfulls of mellilote, minced Small, and putt into the Suett, and when itt is, well boyled, Straine itt out, and putt there to: 2: ounces of turpentine, as mutch wax, with an ounce, and halfe of rosum, more or Less, according, as you will haue itt for Stiffness, then Lett itt boyle a gaine, ouer a soft fiar, and keepe itt Stirring, till all be melted, then Straine itt upp, for yor use - - - - - - - - - - - - -

A Very good Wash, for the Face - - - -

Take a quart of butter milk, a quart of beane flowers, and: 4: young puppye doggs, quartered, and cleane wiped, and putt into the Still, with: 2 or 3 Lemons, and Still itt in a cold Still, youes this water euery, morning with a fine cloth, - - - - - - - - - - - - - - - - - -

How to make a Pomato - - - - -

Take the Caull, of a fatt weather, that is White, throw, itt into Spring water, as Soone, as itt, comes out of the Sheeps belly, wash itt in Seauer all, waters, till the water Looks cleare, then pick itt from Vaines Skins, and kernells, water itt: 9: dayes, Shifting itt twice adaye, butt doe not touch itt, then drye itt in a cleane cloth, and beat itt, in a course cloth, till itt be as Soft, as butter, to a pound of this Suett you must haue a white Lilly roote, cleane washed, and picked, from all,

Receipts, taken, forth of Mrs Carews: booke

A Pomatum, for the breast - - - - -

Take the Light of a fatt Weather, whilst itt is hott, putt itt into whitwine,: 24: howres, to Soake out the blood, then pick itt cleane from Vaines, Skins, and kernells, then putt itt into running water for: 8 or 9 days, Shift itt twice aday, then drye itt well, in a course cloth, then beat it with a rolling pinn, till itt will worke Like doe then putt itt into a glased pott, putt to itt a march mallow roote a white Lille, roote, one ounce of parmaceti; 20: earth woormes - washt cleane, and dryed in a cloth,: 20: great Snayles, fedd with - Suger, 9 or 10: dayes, and after, cleansed in brann, breake the Shells and wipe the Snayles, Sett all these, in a pott of water, couer itt - and Lett itt boyle: 4: howres, Straine itt through a thick fine cloth and beate itt in a gally pott: 2: howers, Still powring out the dross water, then putt to itt one good Spoonefull, of oyle of bene, as - mutch of oyle of bitter Allmonds, beate itt upp one hower more, if you desire to haue itt Sweeter, putt in to the Suett. 2 graines of musk, bruised, and tyed upp in a tiffany, beat itt with Suett, then put itt, or cast itt into a cake - - - - - - - - - - - - - -

Doctar: Senbarbes Salue: For the Seatica, or any old Ache-

Take of the oyle of oxes feet, and Sheeps feet, of the oyle of St Johns wort, earth woormes, and mares fatt of each halfe a pound, of white Lead, and cerus, of each fiue ounces, of minium a pound, of yellow wax, and turpentine, of each: 4: ounces, of Saffron, and campfor, of each: 3: drams, of Lapis, hemetibis, and Sanguis, dragonis, and cassia exstracted: in Aqua, Spermatis, ranarum, of each foure ounces - - -

To make the Black Salue, - - - - - -

Take Stone pitch: 2: pound, and being bruised, putt itt into a pann or a pott, ouer the fiar, then take rosum, and frankcomsence, of each: 2: pound beaten to powder, one pound of Sheeps Suett, cloues, Saffron, and mace of each, two ounces, Landanem: 3: ounces, half a pound of commiriseed - dryed, and well beaten, all these made to powder, putt in to geather, wth your pitch, when itt hath boyled, make itt upp into roles, and Soe keepe itt this Salue, being imploged to the Sole, of the feet, helpeth, any impedy ment, either, for the Sight, or hearing, or any Humors - - - - - - -

The Table For the receipts: receued From your Ladyship: att Odstock - -

The Table for the Following Receipts - -

: Oyntments :

:Salues: Searecloths: Medecines:

:Syrupes:

Waters: Distillations

Brothes: Cullesses: Jellys:

Dr Lowers Milk Water —	65	
For the biting of a Mad-Dog	65	
For a Sore Breast —	70 —	70
For a Soare Throate -	70 - -	- 70

Generall Medecines:

Sweate

Receipts belonging to the Plaugue

Goute

Purgations: Glystars: Fluxes. : Loosness:

Jaundies . . . . .

Bleeding . . . .

Receipts for the Stomake . . .

Pluresey: . . Stich . . Spleene . . Liuar . . .

Receipts belonging to Breasts . . .

Receipts belonging to Lungs: Cough: . .

Receits belonging to the Teeth:

Receipts belonging to the Throate

The Mirr Water - - - 18
For the Yallowness of the Skinne Idem:
The Talke Water ... - - Idem:

Receipts belonging to the Eares . . .

Receipts belonging to the Face . . . .

The Table.

Queene Gilliflowers, Sowe in March, Aprill, May, June, the moone in the Waine -
Snape dragon, French Mallowes, white redd, and carnation, Pinckes, pincke gilly
flowers, Sowe in March, Aprill, maye, and June, the moone in the waine - - - - - -
Sparagus, barberries, Sowe in Jan: Febr March, the moone in the waine - - - - -
Coleworts, Turneps, Sowe in Aprill, Maye, June, July, August, the moone in the Wayne -
Nicotiana, Peton, male, and Female, Sowe in Aprill, May, the moone in the waine - - -
Larkspurr, blue, and white, coole flowers, Sowe in March Aprill and Maye -
the moone, in the waine -

Directions, for the remouinge, and Setting of Slippes Planting of Artichockes, goosberies, roses, Priuett, white thorne, and all maner of Flowers ~

Remoue, and sett slippes, and all kind of flowers, from our Lady day in August to our Lady day in September, -

Sett all kind of quicksetts from September to March, Sett Trees, in No: br decem: br Ian: Febr: March

Sett all maner, of flowers, and hartichockes, in the Latter end of Febr, March, and aprill,

Graft all maner of trees, as peare, Aple, Plum, Cherrie, in March, the Moone, neue - - -

Prune trees, and open the earth, aboute the roote, and Launce the barke, in december, Febr, new moone - - Cutt Vines, in the Latter end of Ian, Febr, march, the moone, in the waine - - -

Cutt roses, damaske, and redd, in october, the moone in the waine, it is Sufficient to cutt them once in two yeares, to haue them, beare, plenty, of roses, for if you cutt them, twice a yeare, as Some use to doe, they will Springe, with to many Leaues, and feue blossomes - - -

Open the earth, about ye old trees: 30 foot compass, and take awaye the earth, till you come to the roote, and Soe Lett them Stand open, decemb: and Ianuary, and to wardes, the Latter end of Febr - putt a Loade or two of kennell dounge, to euery tree, and itt will bringe downe the mosse, this is to be done, once, in foure yeares -

For the killing of a Canker, in any tree, take a Chissell, and a mallett, and cutt the canker till you come to the uery quick, then take a quantity of Swines dounge, and fill upp the place, putt claye on it, and mosse on that, then binde all in, with a cloth, and Lett itt remayne till itt fall off itt Selfe, and Soe the barke reneweth - - - - - - - - - - - - -

A note, of the best times for Sowing, these hearbes, and Seedes Following

Cabbage, coole, both white and redd, Sowe, in Ian: Febr, march, and August, the moone in the waine, replant the Same -

Lettice, Cabbage, white Lettice, Soe att times the moone in the waine - - - - - -

Raddish, white, and black, Soe in March, Aprill, Maye, June, July, August, the moone decreasing -

Parsnips, Sowe, in december, Ian; Febr, March, and Aprill, the moone, in the waine - -

Carretts, yeallow, redd, and white, Sowe in Febr, March, Aprill, Maye, the moone in the Waine - - -

Onions, redd and white, Sowe, in Ian:, Febr:, March, Aprill, and August, the moone in the waine

Leeches, greate and Small, Sowe, in Febr, March, Aprill, and Maye, the moone in the waine - -

Succory, Endiue, Sorrell, burnett, Langebeefe, buglas, Summer Sauory, Sowe, in Febr, March aprill, Maye June, and July, the Moone in the Waine - - - - - - - - - - - - - - -

Allexander, Skirrotts, Parselye, beanes, hasty, pease, Sowe, in Ian, Febr, March, the moone in the Waine

Marierome, Basill, Purslaine, Buckshorne, Flower gentle, Stock gelliflowers, doble marigolds, Rockett, Tarragon, Thyme, and hyshope, Sowe in Aprill, Maye, the moone in the wain -

Pampions, winter Sauory, Sweete Fennell, Sowe in Aprill, May, and June, the moone in the waine - -

Cowcumers, Millions, Pompions, Gourds, Sowe, in Aprill and Maye, the Moone in the waine - -

White poppye, doble, and Single, Rose, Campions, French mary golds, Spanish, marygolds

French broome, Sowe in March, Aprill, and Maye, the moone decreasing - - - - - - -

Spinage, round, and Square, Sowe, in March, Aprill, Maye, August, Septem: br the moone in the waine - -

Rhewe, Cardus benedictus, Artichockes, Cardus, Sowe, in Ian, Febr, Mar: ch Aprill, the moone in ye waine -

Wall flowers, doble, holyokes, redd rubies, Sticados, Cassidoma, Paunies Queene

queene

Letio:, ℞: lig: Ind: tib iii cimiris euisdem, tib i comaq Abscinthii, Saluia roris marini, fol: ros: rub, cuiusq; an ij Som: Anessi, carui, cynimi, baccaq lauri an ℥ ii: cort quecini: tib ß: coq ex aqua fontis tib 12 ad medias, colatura, facta, forti, exspressioni, reseruetur, ad foment - - - ℞ masse pillutar, mastichinar, ffenntii, & pillutar, imperialum, Ana, ℈ boni, bonj ponderis, olei chimici thimi, gatt iij: es Salis, abscinth, gran iij es Sumat, paulo, ante cenam, utatur alterins noctibus, Dor Moore - - - - - -

To Whiten any Cloth - - - - - -

Laye a buck of newe clo, driue it, and drye itt, then make a Strong Lye with Ashes and Puy, Lett it Stand a daye and night, untill it be good and Sharpe, then Straine it and make itt Seething hott, put ye cloth into itt, and Lett itt Lye all night, hang it out in the morning, and before itt be drye, wett it with water, as in whiting is usuall, att night take it in, make the Lye hott againe, and putt it therein all night, in the morning, doe as before Soe continue it 9 dayes, and itt will make any cloth ueary white - - - - - - - -

The making of redd Wax - - - - -

Take two pound of good wax, three quarters of a pound of rozin, put both into a cleane pipkin, and Sett it on the fiar, and Lett them melt, togeather, allwayes Stirring itt then take ℥ iii of uermilion, ground Small on a painters Stone, with Linseed oyle, Something thicke, and putt to the wax and rozin, and Lett it incorporate togeather, on the fiar allwayes Stirring it, and when it is well coulered, powre it on a wett table, and make itt into roles, or as you please, the rozin, must be Small beaten, and Sifted uery fine - - - -

To make good Incke Speedilie. - - - - - -

Take to foure quartes of wine, or raine water, 5 lib of gaules ʒ ℥ of greene, copperis boyle them togeather, Still Stirring itt, for one quarter of an howre, then take it of the fiar, and putt to it two ounces of gumm Arabick, when it is cold use it and keepe itt - - - -

A healing remedy for the Fashions, or Scraches in a Horse, Sr War: Hele-

Take black Soape, unsletcht Lime, of each a Like quantity, mingle them togeather, and annoynte, the place, infected, and within three dressings it will heale, and cure - - -

A note for the Understanding of these, ensuing markes - -

A graine:	Gn	a barlie corne	
A Scruple:	ʒ	a third part of a dram or 20	graines
A drachme:	ʒ	the weight of vij. ob Sterli	nge.
An ounce:	℥	eight drachmes.	
A quarter:	qr	a quarter of any thing	
A pound:	lib	a pound of any thing	
Semiss:	S ß	the halfe of any thing	
A manuple:	M	is a Large handfull:	
Pugill:	P	is a Small handfull.	
Ana:	Ana.	of each a Like quantity	

The Florentine preparation of Antimony - - - - - -

Take one ounce of Antimony, beaten to powder, and two ounces of Salt peeter, beaten Smal mingle them well togeather, and putt them into an earthen pott, being first warmed, then Sett the pott or pipkin, againe on the fiar, and Stirr it that it may well incorporate, then take a redd hott Iron, or burning coale, and burne with itt the ponder, as mutch as is possible, Searching it round aboute, with the Iron, whether it will burne more or noe, then take it out of the pipkin, and beate itt into ponder, adding to it two ounces of Salt peeter, more, and burne itt in the Same Sorte, or maner as before, then take it out of the pipkin againe, as before, and beate itt into ponder, adding againe two ounces of Salt peeter, to itt burning itt as before, which being done thrice, the Antimony is prepared - - - - - - - - - - - - - - -

The Preparation of Scammony

Take one ounce of Scammony, beaten to ponder very Small, and Spreade it very thinn on browne paper, then take brimstone beaten finely, and cast Some of itt into a chafing dish of coales, with done, take the browne paper Spread with Scammony, and drye it ouer the fiar untill itt Stick to the paper. If you will you may burne the Antimony, and Salt peeter, by casting them into a pipkin redd hott, - - - - - - - - - - - - - - - - - - -

Antim: ℥: Scam: ℈: Tart: ʒ: Dos: Gr: - - - - - -

Take of the gummes, Tamachahaha, and Caraneis, of each, in waight, a like quantity, well mixed, and Spread, for a plaister -

A recept for Stomacke Pills - - La Winwood - - - - - -

℞. Speciem, Hiere, picre, ℥ij: galbani dissoluti in caceto ℥i chalabis, preparati ℥i: S: Speciem, diacumini ʒii: cum, S: q: Surupi, de Stecadeis, fiunt pille, ad modum, parueita, ut ex, ℥i: fit pill 25 -

℞: conser, absinthii, majorane, fl: Saluie an ℥i: conser, botryos ℥i S: Speciem, diagalangie, diambre, radiridis, florentine, pulueriz, an ℥i looch, radicis, helenii ℥iii cum, S: q: Sirupi, de mentha, fconditum, conserue, consiscentia - - - - - - - - - - -

Receipts prescribed by Mr Smyth: 1619 - - - - -

Letio:, Take the Leaues, of wormwood, marjorum, egremony, germander, origanum, pennyroyall, callamint, and reue, each halfe an hand full, the Leaues of elder, walworth, and red colworts, each an hand full, the Leaues of oake, cypress, bramble, and Lawreolum, each an hand full, the flowers, of cammomill, and melilote, each, halfe a hand full, the Seede of annis, fennell, dyll, cummyn, each one ounce, baye berries, gaules, cypress, nutts, of each: 8: of allome, Salt, each: 6: ounces, boyle all in Lye of oake Ashes, where with foment, the place - - -

Emplastrum - - - - - -

Take the Juice of wallworte, and Laureolum, each three ounces, quick brimstone ʒ ℥, allome ℥i the flower, or meale of Lupines, and orobus, each, ℥ii:, Sollanella, powdered ℥iiii: anniseeds, fennell, comin, each ℥ii comon Salt parched ℥iii; turpentine, ℥iiii; pitch ℥vi:, add all this ponder fine to cowes dounge, ℔: 1: goates doung, ℔: S: well beaten, and boyled in Strong uenegar, make it a plaister, -

Purge Pill - - - - - -

℞. mass: pill: agregat ℥ii: pil de rubarbe ℥vi ss: bitutn, Soldanell, ℥iiii, absynthii: Sic, trochisci de rubarbari: a a ℈i cinamoni, se Anisi, merathri, Schenanthi, a a ℈i cum Succo, Siridis fiat masa, ℥i adram ℈i a Scuple, -

Toutched, it will heale itt, in foure, or fiue, times dresing, soe noe other thing be applyed
Secondly it healeth, any burninge or Scalding, by fiar or water, or any other meanes, Like
wise it healeth any bruise, or cutt, being first annoynted with the Same oyle, and a peece of
Linnen cloth, or Lint dipt, in the oyle, warmed, and Layde, unto the place, itt healeth it without any
Scarr remaining -
Thirdly it taketh awaye any paine or greife, that might grow by reason of cold moisture -
catarrhe, or Aches, in the bones, or Sinews, first annoynting the partes soe offended, with the Saide
oyle, heated, and a warme cloth, Layd uppon itt - - - - - - - - - - - - - - - - - -
Fourthly, it helpeth the head ache, only, annoynting, the temples, and nostrills, there with -
Fiftly it is good against the collick, winde, or Stich, in the Side, applyed there to -
warme, with hott clothes, foure mornings, togeather, every morning a quarter of an ounce
Sixtly, itt is good, against poyson, and healpeth a Surfett, taking a ounce, in a Little Sack warme
Seauently itt is good against the plague, annoynting only the nostrills, there with in the
morning, before the party goeth forth, and for that daye by gods permision he neede not feare the plague
Eightly itt healpeth, the biting of a madd, dogg or any other beast - - - - - - - -
Ninthly itt allsoe healeth a fistula, or ulcer, be it neuer soe deepe, in any parte of the body
being applyed, as aforesaide for a cutt, -
Tenthly, it is good against wormes, or Cancer, being used, as for a cutt, but require Longer time - -
Eleauently, is uery good for one Infected with the plague, measells, or the Like, soe itt be
presently taken in warme broth, the quantity, of a quarter, of an ounce, foure mornings to
geather, and Sweat uppon itt, allsoe itt keepeth one from Vermine - - - - - - - - -
Tweluethly it allsoe helpeth digestion, annoynting, the nauill, and Stomack, therewith
when the party, goeth to bedd, itt will Stanch any blood of a greene wounde, presently put
ing a plaister of Linte on itt, and tie itt uery harde, the Saide oyle or balme maye be kept
twenty yeare, and neuer Loose its Vertue, butt be mutch the better - - - - - - - -

To Make Lucatellous Balsam the easier Way by J. G. 127.

Take a pound of Venice Turpentine 3 pints of the best Sallet oyle, six ounces of
Bees wax; and one and halfe of red Sanders; Sherry Sack a Quarter of a Pint let the
Turpentine bee washed pass white in Rose water, or Plantan water and after wash
y Sallet Oyle with the Sack then put the Oyle and Turpentine, and Wax being Sliced
verry thinn into a Bellmettalls Skillet, and Stirr it gently over the fire for an hour
and halfe with an Iron Ladle continually: then take it of and when it is almost
Cold, Beat the Sanders into it then put it for half an hour over the fire just
Simmer, still Stirring it; then take it of, and put it into Gallipotts for use. Stirr
it till it bee Cold.

To Cure the Kings Evill: by J. Q.

Take Sallet Oyle, or Hogs Lard, melt it then put it into a pretty deep pipt, then
the Leaves and flowers of Celandine or Pilewort, Bruize them in a Morter and put them
then in the Lard, put in as many as the Lard will wet, then over the Pot and tye it
fast, and set it in a Pot of Water over the fire, and let the Water boyle slowly all a
day, Observe to put in more water as it boyls away, then strayne it and let the
Sick annoynt the Sores, with it often, and let them wear the Cloth
they wrap att their Neck, sewd in a Peece of Sarsnet, this herbe flourishes in March
and April and is quite gone in May.

To Make Oxycrocium and Paracelsus a fine Salve for a Strayne:

Take of Oxycrocium and Paracelsus a like Quantity melt them together and
spread them on a peece of Linnen cloth for use.

On this oyntment, make a fomentary, with milke, boyling, in redd rose Leaues, and pom granett flowers, where with wash the fundament, and foment it conueniently warme, then anoynte the fundament soe out, with the saide oyntment, uery warme, and force upp the fundament, if it be not gone upp, of it selfe, and presently after, take a Little franck ensence, and putt it in a close stoole, uppon a Little fiar, and soe Lett the patient sitt ouer itt some halfe an howre att a time, Probatum est - - - - - - - - - - - -

An oyntment for a burne or scalde - - - - -

Take a pounde of neue butter, unsalted, put to it a pretty quantity of Alehoofe, of the greene barke of younge elder, as mutch, with a yealowe dock roote, picte uery cleane, boyle all well in the butter, untill it Looke Like a salue, then putt to it some neue sheepes dounge, and when it is well incorporated to geather, straine it, and keepe itt for y^t use, Annoynte the place therewith a feather, and ounoynte the out side of a primrose Leafe, knocking downe, the seams and applye to the place, and soe dress it morning, and ewening, Probatum, est - - - -

An oyntment for the Herina, or any tumefaction, proceeding of Wynde, and Water, Do^r: Lodge - - - - - -

Take of topps of rose mary, of the topps, of unsett Isope, of each a pounde, of the Juice of the Leaues of to bacco, greene, foure ounces, of rozin halfe a pounde, of deares Suett tryed, a pound dissolue the rozin, and deares Sevett on the fiar, then putt in y^t hearbes, and Juice, and after they are sodden a while, straine them strongly, through a Linnen cloth, and keepe this oyntment for y^t use, when you applye itt rubb it in, and chafe it warme into the partes affected twice a daye, uery dilligently, and Laye a cloth dipped, therein to the place, bolstering itt upp with warme clothes, and by gods grace you shall finde ease beyonde y^t exspectation - - - -

Mr Wakemans oynt, a redd, oyntment, to be giuen both - - - inwardly, and outwardly, for the kings euill, Pluerisie - - - burnings, or scaldings, stiches, greene wounds, and sore eyes - - - -

Take a pounde of uenice turpentine, and wash itt in plantin water first, then After wards in damaske water, or either of them, then take three pintes of the best sallett oyle, and three pintes of faire running water, and beate the oyle and water exceeding well to geather, then putt it into a pipkin, and sett it on the fiar, till it be reddy to boyle, then take itt off the fiar, and skumme, off from the water, the oyle, yett Leaue rather, some of the oyle uppon the water, then take of the water with itt then take a Little skillett, and putt therein y^t oyle, turpentine, and halfe a pound of bees wax but Lett y^t wax be first moulten, and boyle itt well to geather, still stirring itt untill it boyle up againe then take three ounces of sanders, and putt it into itt, stirring itt well to geather, after you haue taken itt of the fiar, then straine itt into the pipkin, that it was washed in, still stirring itt till it be colde, and when the oyntment is cold, putt it into a gally pott, but if you use any of itt for sore eyes, putt noe sanders, into itt att all, - - - - - - - - - - - - - - - - - -

This aforesaide, pretious oyntment, or balsam, is good, in all - - - Perfection to cure these under written infirmities - - - -

First, the saide oyntment, is good to cure, any wound, inward, or outward, be squirted in warme, if inward, if outward being applyed, with fine Linte of Linning, anoynting allsoe thoe partes, there abouts, itt not only taketh away the paine, but allsoe keepeth itt from in inflamation, and soe draweth forth, all broken bones, or any other thing, that elce might putrifie, or fester itt, soe that the braines, or inwardes, as the hearte, gutts or Liuer be not

touched

An excellent oyntment for any Ache or bruise - - - Comonly called, the Yeallowe oyntmente - - - - -

Take foure pound of unsalted, and unwashed butter, fresh from the chourne, halfe a peck of broome flowers, as mutch of the upermost Leaues, or topps of bryars, that runn a longe the grounde, and a good handfull of rosemary topps, Stampe these in a morter, and boyle them uery well, with the butter, then Straine itt, and afterwards boyle therewith, a quarter of an ounce of mace, finely beaten, and after it hath boyled, putt thereto, a quarter of a pinte of a quewite, composita, then melt two ounces of unwrought wax therein Stirring itt Still till it be melted, and till Sutch time as nothing apeare, either of the Juice of the hearbs alone or butter alone, butt that all seeme one perfect oyntment, after which Straine itt into an earthen pott, itt will keepe good, close Stopped a yeare, if any haue any paine att the Stomache annoynte, there with, and applye warme clothes, and itt will bringe greate ease - - - -

An oyle for the Shrinkinge of Veines, or Sinnewes, as well by fiar, or burninge, as otherwise - - - - - - - - - - -

Take 8 dramms of the clearest neates foote oyle, two ounces of malmesey, boyle them to geather, in an earthen uessell, well glassed, till the malmesey be cleane consumed, Stirr itt continually, whilest they boyleth, either, with Some Small Iron or Steele Sticke, and when it is colde keepe itt for ye use, annoynte itt allwayes colde, and Lett the patient Strike the Veine or Sinnew, the contrary waye, as mutch as he can doe this twice adaye - - - - - - - - -

An oyntment for Aches, bruises &c Mr Burgen

Take baye Leaues, rosmary, marjorum, pellitory, Sage, dasies, oake of Jerusalem, rheue, Sanicle, red and white rose leaues, clary of each, two handfulls, Item, flowers of Lauender, commin wormewood, hermodictyll, or water roses, of each, foure handfulls, Item, nettles, yarrowe, Hope tansey, Alecoste, of each one handfull, Item, mugwoorte, plantin, egremony, flaggs, and buglas, of each three handfulls, the flowers, and hearbes, must be gathered, before Sunn Setting and drye, Shred, brayed, or pounded, and boyled, in Six pound of fresh maye butter, the Space of two howers, with a Soft fiar, then Straine out all the Juice, and add thereto of uirgin wax one pounde, of oyle of ollive, two ounces, of pulluerised mastick 4 ounces, incorporate them well ouer a Soft fiar, and keepe it for ye use -

An oyntment for any old, or newe Ache, La Chamberlaine - -

Take of Sage, rewe, rosemary topps, feather fewe, cammomyll, younge bayes, Lauender garden tansey, of each one handfull, boyle these all to geather, in neates foote oyle, and when the hearbes begin to be tender, putt thereto the gaule of an ox, of frankencence, Storax, and benjamen, of each one ounce, of cloues and nuttmeggs halfe an ounce, and of the Shanke bones of redd, or fallowe deare, twenty or thirty, boyle them all uery well to geather, then Straine it and keepe it for ye use -

Mr Smiths, receipt, to Strenghen, the weaknes, of the Fundament, that is apt to come forth - - - - - -

Take 20 eggs, boyle them in water, Soe Longe, as they maye be uery harde, Soe as they Looke blue, then take out all the yeolkes, only, and worke them all in a marble morter, throughly putt then unto the yeolkes Soe wrought, a pinte of redd wine, and worke itt to geather, untill all be throughly, incorporated, as an oyntment, then Lett itt boyle to geather halfe an howre, and Soe take itt from the fiar, and Straine itt, and keepe it for ye use, but before you Laye on.

The golden oyle, good for all Aches, and bruises, Mr Burgea

Take of Sage, neipe, Smallage, Lavender, Sothernwood, wormewood, rosmary, roseleaus rewe, Lavender cotton, fetherfewe, Tansey, mints, camomill, Thyme, ouke of Jerusalem cowslipps, pennyroyall, varvin, Savory, marjorum, Lovage, wyld Tansey, Issope, balme mintes of romana Visa, white minte, penny Leaves, dasie Leaves, baye Leaves, Dill of each one handfull, bruise them in a morter, then putt them in a faire glass vessell, and putt thereto a pottle or three quartes of the best cardy oyle ollive, Sett the vessell in the Sonn, for a month, then putt it oute into a pann, and Sett it on a Soft fiar, and Lett it Seeth Softly, and Stirr it Still, then putt thereto a quarte of the best whitwine, and Soe Lett it Seeth Softly till the wine be wasted, after which take it from the fiar, and Lett it coolde, then Straine itt through, a Linnen cloth, and putt it into glasses, and use itt as you neede, black Snayles, allsoe gathered in may: and putt in a pitcher, with baye Salt, will become, an oyle, and itt is Speciall good for horses Leggs Strained, or bruised, and maye be applied, for that purpose to any other creature

An oyle, called the redd, oyle Speciall good to heale a Small Cutt, or greate Wounde, and is availeable, to many other purposes it must be applied Warme

Take a pinte or a quarte of Sallett oyle, or as mutch, as you think good, to make, for it will continue good 6 or 7 yeares, then take to every pinte of Ale, two ounces of Alcanett rootes which is to be had, att all times att the Apothecarys for 3^d or 4^d the ounce, three good handfulls of dragon or Serpents tongue, two handfulls of valerion, and an handfull of an hearbe, called, Live in idleness, chopp all the hearbes, as Small, as hearbes for the pott, and pounde the rootes as Small as other, Spices, that done putt all togeather into the oyle, and boyle itt till you, thinke the hearbes Sufficiently boyled, then Straine the Same through a fine cloth, and putt the oyle Soe Strained into a glass, and Sett it in a place, where the Sunn cometh, as Longe as you will, and to to make itt more perfect, and medecinable, uppon midsomer eve, gather, three or foure handfulls of St Johns worte, the blossoms of it, and with an ounce of the Alcanett roote pounded, boyle them in a pinte of oyle as before, then Straine it, and putt it to the other oyle, and Sett it allto geather in the Sunn, but if any or all the Saide hearbes canot be gotten, the oyle, and rootes only used, and boyled to geather, as before, will heale Sufficiently

The makeing of Oyle of Roses

Take roses, cutt of the whites, Stampe them, and putt them into a glass, of oyle of ollive, Soe that only halfe the glass, be filled with the bruised roseleaves, Sett it in the Sunn for the Space of 7: dayes, and then Seeth them in a duble vessell, three howers, and then Straine them, and putt to the oyle rose leaves, cutt and bruised, as before, and Lett them Stand in the Sunn 40 dayes, well covered, and in this maner you maye make oyle of camomyll, dill, wormwood, and rhewe,

An oyntment good for the dropsie

Take Lavender cotton, holy oake, bettany, thyme, Issope, Sage, Lavender, Spicke, rue, and camomyll, Shridd them Small, putt them in a pan and putt as mutch may butter, melted to them as will cover them, then Seeth it a pretty while, and Lett them Stande from the fiar, 12: howers, after which, Seeth them againe, untill the butter be greene, then Straine it and keepe itt for ye use

Bottome, and if you can dissearne, noe water in the Spoone, it is boyled enough, then take it off the fiar, and cast it imediatly into a bagg of Stronge newe canuas, and Straine it forceably, be tweene two Staues, putt it up into a uessell of tin or glass, for noe other kind of uessell will contayne itt Soe well, and keepe it for y^t use, this oyle or oyntment, may be a plied, and will be auaileable, to Sutch places of a man or woman, as are bruised, with gouts and palsies, in Summer anoynte in the warme Sunn, and in winter by the fiar, and after the anoynting Laye on the place, black wooll, that neuer was washed, made hott against the fiar this oyntment is good against all manner of malladies, that be in the Sinews, by ocasion of any cold, and is medicinable, for all bruises of bones, and Joyntes, itt must be made up in the month of June, for all the yeare after, and with good keeping, continue good three yeares - -

An oyntment of the hearbe Nicoitiana, good for any cutt or wound, and for any Ach in the bones, allsoe where the Skin is take a waye it will heale - - - - -

Take in the month of August, as many of the Leaues of the hearbes, nicoitiana, as shall weigh, Six ounces, Stampe them in a cleare Stone morter, then take the Like quantity of good Sheeps Suett, the Skinns being cleare taken awaye, mince itt Small, and Stamp it in the morter alone, after which then Stamp them well to geather, then take 8 ounces of the best old Sallett oyle, and mingle all these, very well to geather, and keepe itt in an earthen pott, Six dayes, and Stirr itt well to geather, twice adaye, after boyle itt on a Soft fiar, till it Looke greene, then Straine itt through a thick canuas, and keepe itt in gally potts - - - - - - - -

An oyntment for all kind of Aches, and bruises - - - - -

Take 1 lb of Sage Leaues, as mutch of rewe, half a pound of wormwood, and as mutch of bayleaues, all this purely picked, and gathered, in the heate of the daye, that they maye not neede washing, cutt them Small, and beate them in a morter, then take three pound of Sheepes Suett, new from the Sheepe, and when it is cold, mince it Small, and putt it into the morter, to the hearbes, beate them to geather, untill Sutch time as the Suett maye not be dis-Searned, but that the hearbes, and it be all one in coullor, then take it out, and putt it into a cleare bason, add thereto a pottle, of Sweet oyle of olive, and worke the oyle with ye hands, in to the hearbes, untill it be all of a Like Softnes, then putt it into an earthen pott, and couer it, close, and Soe Lett it Stand 8 dayes, then Seeth it, in a faire pott of brass, with a Soft fiar you Shall perceaue when it is Sodden enough, by this, take a Spoonefull or two there of, and putt into a newe cloth, and wringe the Juice into a Sawcer, and if the Liquor Looke browne, itt is nott Sufficiently Sodden, but when it is enough it will be a cleare oyntment, and when it is Sodden, putt it into an earthen pott, for Sutch will keepe it best, and when you use this oyntment, after the place greeued, is well chaffed with the oyntment, Laye a warme cloth on the Same, and Soe continue to doe, and change not the cloth, that you first Laye on, for any other, - -

A ueary good oyntment for any Ache, or bruise, or for any noyse in the Heade, and to drawe out a Thorne - - - - -

Take a Little rozin, a Little redd deares Suett, and a Little Camphere, put this to a Little white wine, and Lett them boyle on a Soft fiar, a walme, after it is all mouten, then Straine it into white wine, and beate itt till itt come to an oyntment, which you may keepe in gally potts for ye use and when you dress any bruise or Ache, chafe itt in well before the fiar - - - - - - -

A Speciall oyntment good for any Tetter, ringwoormes or other Sore that blistereth or Watereth, &c

Take of the hearbe called Selter grasse, otherwise Scaldwort, and of rusty bacon, of each a like quantity, gather the Selter grasse drye, and wash it not, butt pick the earth and dust cleane from it, Shredd it and the bacon Small togeather, and frye them in a frying pann, till it Looke Som what drye, then wringe it through Some thin cloth, into Some earthen or other fitt uessell, and as it cooleth, putt to the Same of the best tarr, you can gett, by a Little and a Little Stirring and mixing it well togeather, Soe mutch as will bringe it to an oyntment; thicknes, which you maye keepe for y use, and there with all anoynte the place greeued, as oft as you See occasion, and when the Skinn groweth harde or Skuffly, wash it with the Liquor, or fatt of fryed rusty bacon, and plantin water, and it will Supple, molifie, and take awaye Sutch Skurfe

A good oyntment for Aches in the bones

Take Aqua uite, and Sallet oyle that is old, a Little parmacety, and the youngest of topps of rosmary, which must be chopped uery Small, boyle these foure togeather, and when they are Sufficiently boyled, Lett it runn being hott, through a Strainer, and keepe it for y use, in an earthen pott, and when you feele any paine Lett the place be well chafed, with the oyntment before the fiar, and keepe itt warme

An other oyntment for an Ache in the bones

Take the oyle of bulls feet well clarified, and Soe many Spoonfulls of aquauite, as you haue of the oyle, then take an hand full of cammomill, faire washed, and dryed, Stampe or chopp it uery Small, and put it into the oyle, and Aquauite, as allsoe the gaule of the bull, with the Skin and all, making only an hole in the Skinn, that the gaule maye issue out, and Soe Lett itt Seeth togeather, untill you canot dissearne the Aqua uite, nor the gaule, then Straine itt, and putt it in a pott or box, and keepe itt for y use

An oyntment for the Spleene

Take greene Ashe, and burne it to Ashes, and make Strong Ligh, and when it is cleare take a gallon of the water, and putt to it one of giltes grease, and boyle itt togeather, till one quarter of it be wasted then power itt into a faire platter, and when it is colde, tak of the giltes grease from the Ligh, and putt to it a good hand full of mellilott bruised, and boyle it a walme or two then Straine itt through a thin peece of canuas, and Stirr itt untill it be cold, and there with a noynte y Side, as you See cause, if you canot gett mellylott, the Ligh and the giltes grease will Searue

A uery good oyntment called, oyle of Exeter

Take in the month of may-stib of the flowers of cowslippes, and Steepe them in oyle of ollife, as mutch in quantity as may-easily, be Layd in, then take callamint, hearbe John, Sage turmentill, Sotherwood, worme wood, pennyroyall, Lauender, pellitory of Spaine, peritory, rosema ry, camomill, herifie, Leaues of Lawry, flowers of Lillys, of eyther an hand full, gathered in the month of June, grinde them in a morter, as it were for Sawce, then take the flowers aboue Saide, and wring them out of the oyle, with cleane hands, put them in a morter, with the oth er hearbes, and grinde them to geather, that done put them into Soe mutch white wine as they maye easilie be Steeped in, and Lett it Lye there 24 howers in a uessell, close Stopped then take the hearbes with the wine, and the oyle of ollive, that the flowers was Steeped in and Lett boyle on a Soft fiar, togeather, till the wine and the water of the hearbes, be was ted awaye, which you maye thus know, take a Spoonfull of the Liquor that is in the pans bottome

The making of the Greene Oyntment ~~~~

Take i lib of Sage i lib of rewe, halfe a pound of woormwood, halfe a pound of baye Leaues, they must be chopped, and wayed, Seuerrally, then take 5: lib of Sheepes Suett, purely tryed, and minced, and two handfulls of cammomyll, and one handfull of rosmary, chopped allso mingle all this togeather, and Stampe them in a morter by a Little att once, untill the Seuett be not Seene, then take a pottle of Sallett oyle, and mingle itt with itt, and Soe Lett itt Stand nine dayes, then boyle itt with a Soft fiar, allwayes Stirring it with a Stick, and after it hath boyled two howres, trye if the baye Leaues, crimble Like ashes, betweene yͤ fingers, and then take itt, from the fiar, and Straine itt putting into it one ounce of oyle of Spike, and Soe keepe itt ~~

The Greene Oyntment ~~~~

Take Sweet butter, without Salt, two pound, mallowes halfe a pound, nightshade, hemlocke mugwoort, elder leaues, Strawberrie leaues, St Johns wort, the tops of younge cale of each, two good handfulls, Stampe all these hearbes to geather, in a morter, then boyle them well together for the Space of an howre, untill you bring itt to a greene coullor, then take it of from the fiar and Straine the hearbs from the oyntment, untill the hearbs become uery drye, then Sett the oyntment on the fiar, and putt in two ounces of Salt, of Lead halfe an ounce, of camphier two ounces of Sallett oyle the Sweetest you ^can^ gett, if the weather be uery warme, then putt to it three ounces of beese wax for to make the body Stronge, Soe giue it a Sturr or two, about, and putt it up into potts as you please ~~~~~~~~~~~~~~~~~~~~~~~~~

An oyntment good to kill woormes in the Stomake, allsoe to healp, a weake disgestion, and it is good to procure an Appetite ~~~~

Take of Sotherwood, hearbe grace, and woormwood, of each a good pretty quantity, boyle them in good uineger, untill they be tender, after which, boyle them, with a pretty quantity of fresh butter, a Little, Straine itt into Some conuenient uessell, that the uineger and dreggs, maye Settle to the bottome, when it is colde, take the top and purest part thereof, putt it upp in a box, and keepe it for yͤ use, and as you find ocasion, anoynt, the Stomake or belly there with ~~~~~~~~~~~~~

A Speciall good oyntment, for Children that are weake, itt will healpe those that are elder whoe haue beene brought weake, with Sicknes, or are entring into a consumtion, as it hath beene often experienced

Take a good quantity of mullett Leaues, as mutch of cammomill, as mutch of fetherfewe shrid them, but not uery Small, mix them with a conuenient quantity of newe Sweete butter, unsalted from the chorne, Sett it on the fiar, and when the butter is allmelted, take itt of, and Lett it Stand, and Settle togeather 24 howers, after which Sett it againe on a Soft fiar, and Lett it cymber togeather, till all the water, of moisture, that cometh from the hearbes, be consumed, then Straine it through, a thick canuas Strainer, putt it up in a pott or glass, and keepe it for yͤ use, and when you doe use itt, annoynte the child, from the rootes of the haire in the neck downewards, back, Sides, Shoulders, brest, and all ouer the body, unto the knees, doe this morning, and att night, and continue it, as you See occasion, and whilst you use this oyntment, make broath with egremony, and roman wormewood, otherwise called cypress, and Lett the child eate or drinke thereof, and it will be uery good to giue Sutch a child, a Little rubarb, once or twice att first, if by any meanes you can gett him to take itt ~~~~~~~~~~~~~

A Water for the Palsey, good to quicken memory, and cleare the Sight

Take of prim rose flowers, with the young budds, and Leaues of Cowslip flowers, and buds of rosmary flowers, and budds, and the flowers, and budds of harts ease, otherwise called, wallgilly flowers, of each of these, the Like quantity, then take as mutch of balme, as of all the other, mingle, all this to geather, and when they are Somwhat dryed, Still them and use the water, as you would doe other distilled waters, then keepe it for ye use, and take there of when you doe feele either Lightnes, in ye head, or coldness, or any other paine, which cometh of cold in ye head, and as you doe take itt hold Some of itt in ye mouth, that the Sent maye assend to ye head, and you Shall find ease - - - - -

To make a drinke for the Palsey - - - - -

Take of balme, rosmary, and Sage, of each of these halfe a hand full, boyle them together, with a quart of clarett wine, uppon a Soft fiar, in a pipkin or pewter pott, untill halfe a pinte be consumed: and you must boyle there with Soe many prim rose flowers, as you cann take be tweene ye three fingers, and the Like quantity of Cowslip flowers, then putt there to a Little Sugar, and Soe put all to geather into a pott, and drinke there of euening, and morning - and att three of the clock in the after noone, and it will healp you, and you must not use often to rubb, the noddle of ye head, and the nape of ye neck, keepe them warme, and you Shall finde ease

A water good for the Passion of the heart, and for those that - - haue taken thought, and it is to be made only in the month of May

Take foure greate hand fulls of rosmary flowers, budds and all, and of Sage, of Alacampane rootes, being Scraped and Sliced, and of thyme that is blowne, of each of these two good hand fulls and of prim rose flowers, and cows lip flowers, a platter full, and of Violett flowers, buglas flowers, and burrage flowers, the Like quantity, of dryed redd rose leaues, two hand fulls, and putt there to as mutch of balme, as is of all the rest, Stampe all these well to geather, and putt them into a gallon of good clarrett wine, adding there to a pound of Annisseeds, as mutch of Liquoriss, foure good nutt meggs, and halfe an ounce of cloues, all being beaten Small, Stirr all this to geather in ye wine, and Soe Lett it Stand 24 howers, then distill it in a Stillitory of glass, or in a common Stillitory, then put the water into a glass, and keepe it for ye use, and use it as you doe finde occassion, it will remaine good three yeares, being well kept, and close Stopt

A water good for the biting of a madd dogg, if it be taken - - within, nyne dayes, it will help, either man or beast - - - - -

Take of matt fellon, with the purple flower, of white Lilly Leaues, of yarrow, of night Shade, with the bleue flower, and of wilde Sage, of each, of these a like quantity, mingle them well to geather and Soe distill them, and use the water as you would doe other distilled water, then putt it in to a glass, and keepe it for ye use, and when you doe use it if itt be for a man, or a wooman, you must take Six Spoone fulls, of the water, in a porringer, and putt there to a quantity of treacle - and mingle them well to geather, then putt there to of an Ale berrie or cawdle, and Soe drinke itt warme, doe this fasting three dayes to geather, and assuredly itt will healpe, for a dogg you must insteed of a cawdle, blend itt with pottage, or with milke, and for a beast, with drinke, you maye if you please add to the former hearbes, a Little mercury, knott grass, hore hounde, and Scabious - - -

An oyntment for the Stomake, good a gainst the Coughe - - -

Take of capons grease foure ounces, and of rosmary, two hand fulls, Stripping itt downeward Stampe it Small, and putt it into the grease, and Lett them boyle to geather, untill it be greene the Stronger it be of rosmary the better, itt is, when it is redy to be Strained, putt in halfe an ounce, of the powder of mace, Searced, very finely, then Lett itt be Strained, and use it to the mouth of the Stomake warme -

To Scowre, the Space of 24 howres, then Chopp, them Small, and putt them to a quart of neates foote oyle, then take a platter full, being chopped very Small, of field dasies - all Saving the rootes, they must be a platter full, when they be chopped, then putt them to the oyle, and wormes boyling them on a Soft fiar, all togeather, the Space of two howres, - then Straine it and putt it up in a vessell, and keepe it for y^t use, this oyntment is to be made only in April, or att Michaelmas - - - - - - - - - - - - - - - -

An oyntment of Swallowes, good for the Shiringking of Sinnens - - or for a Straine - - - - -

Take of Lauender cotten, of Isope, and of the runnings oute of Strawberries, of each of this a greate hand full, chopp them Small, and Stampe them with a pound of fresh - butter, that hath neither beene washed, nor Salted, and Stampe there with, Eight, young Swallowes out of the nest, putting them in, one by one, feathers, gutts, and all, and Soe Stampe them untill they be very Small, then boyle all togeather on a Soft fiar, untill it doe Looke very greene, then Straine it, and put it up in a pott, and keepe it for y^t use - -

An oyntement to heale any greene Wound, itt will, healpe a man that hath bruised his Stones, if you put to it brimstone tis good for - - Any Itch - - - - - -

Take of the yealowest dock rootes, being pitted and Scraped, of Alacampane rootes, and of Sallendine, of each of this three greate hand fulls, chopp all this togeather very Small, then Stampe them well togeather, with two pound of fresh unsalted butter, then boyle it on a Soft fiar the Space of an howre, and halfe, then Straine it and putt it up in a pott, for y^t use - - -

An oyntment, called Pampillion, it is good to aswage, any Swelling to take awaye any heate, and to Supple, any Sore, that is Stiff - it will aswage, a Sore breast, and keepe it from breaking, if it be - - - taken in time - -

Take of the Leaues of popler tree, before they be opened, any bigger, then younge cocks combs, and of Smallage, of each of these, a great Lap full, chopp them very Small, togeather and Stampe them very well with a quart of fresh hoggs grease, then putt it upp in a vessell and Soe Lett it Stand to rott 15 dayes, then boyle itt on a Soft fiar, the Space of an howre, after Straine it and keepe it for y^t use -

An oyntment for all diseases in the Head, that cometh of Colde - - - -

Take a greate quantity of Lauender, flowers, being Stripped from the Stalkes, chopp them very Small, then Stampe them well, with Soe mutch of the fresh grease of an hogg, as - will Serue to make it Somwhat Softe, then putt it up in an earthen pott, and Lett it Stand Soe the Space of three weekes to rott, then boyle it on a Soft fiar the Space of halfe an howre, then Straine it and putt it upp in a pott, and keepe it for y^t use, you must anoynte the place where y^t greife is there with, and allsoe the temples of y^t head, the noddle, and the nape of y^t neck, and it will healpe you -

A medecine for the deade Palsey - - - - -

Anoynte the place, that is taken therewith, with Sallett oyle, then Strowe there on pepper being beaten, neither to Small, nor to greate, then Laye the party in Sutch Sorte, as all, the parte that is greeued maye Lye uppon nettles, and when there is warmth come to the Linnen, then take awaye the nettles, and anoynte the oyle that is good for the palsey, and Lapp them, in warme clothes, then make tents of cloth, and wett them in mustard, and aqua vite, being blended togeather, and put them upp the parties nose, this will purge the head, quicken the Sences, and help them, if pleaseged - - - - -

Oyntments

To make an oyntment for the Palsey

Take of primrose flowers, with some of the youngest Leaues, a great quantity, chopp them small, and stampe them with fresh hoggs grease, and worke it up into a dough, and putt it into an earthen pott, then take the like quantity, of the flowers and budds of rosmary, chopp them small, and stampe them with hoggs grease, as the other, and putt them into the pott, with the other, take allsoe the like quantity of cowslips, the flowres, and budds togeather, use them in the same sorte, and putt them to the other, and likwise of balme, of camomill, when it bloweth, and of Lauender spike, when it is full blowne, of each of these the like quantity, use them seauerly, as the others, and putt them into the same pott, and soe lett them stand to geather the space of a month after which boyle them on auery soft fiar, the space of an howre, and then straine them, and put all into an earthen pott, and when it hath stood all night, then make an hole through the oyntement, and power the water cleane from it, then melt it againe, and soe put it upp into potts or glasses, and keepe it for ye use, itt is good for the palsey or cramp, or any other Ache, that cometh of cold if itt be not in the back, you must be carefull to gather ye hearbes drye

An oyntement of St Johns wort good for all Aches, and is good either of it selfe or to be put in Salues, for watring Sores, it is allsoe good for any prick, or greene wounde

Take youre St Johns worte, a weeke before midsumer, or a weeke after, stripp it from the stalkes, chopp it small, stampe it with fresh hoggs grease, temper it like dough, and putt it into an earthen pott, and soe lett it stand and rott the space of a fortnight, or 3 weekes, then boyle itt on a soft fiar, the space of an howre, after straine it, and soe put it up in a uessell, for ye use

An Oyntment for the Collick or any other greife in the Belly or sides that cometh of Winde

Take a good quantity of broome flowers, chopp them small, stampe them with the fresh grease of an hogg, and temper it like to dough, and putt it up into an earthen pott, then take of balme, and of elder flowres, of each of these, the like quantity, and when you haue used them seauerally, as the other, putt them into the same pott, and soe lett them stand and rott togeather, the space of three weekes, and boyle them to geather on a soft fiar, the space of halfe an howre, or more, then take itt off, and straine it into a uessell, and when it hath stood all night, then make an hole through the oyntment, and powrer the water cleane from it, then melt it againe, and soe keepe it up in a uessell, and keepe it for ye use

An oyntment of red roses, good to coole heate in the Chest, that Cometh of the inflamation, of the Lunges, or of heate in the Palms of the handes, or soles of the feete, the wch maye happen, by sickness, or, otherwise

Take a bushell of red rose leaues, clipp of the whites of them, chopp them small, and stampe them with soe mutch fresh grease of a hogg, as will searue to make it somwhat soft, temper itt well to geather, and soe putt itt into an earthen pott, and lett it stand the space of three weekes to rott, then boyle it on a soft fiar, the space of an howre, and when you haue soe done, straine it, and putt it upp in a uessell, and keepe it for ye use This oyntment is good to put into Salues, for sores, that be in great heate, and doe burne, and looke redd

An oyntment of the Woormes of the Earth, good to strenghthen the Back, to coole it, and to take awaye Aches

Take a greate platter, full of wormes of the earth, laye them on fennell, or sutch like

to

An aproued medecine for a Consumtion - - - - -

Take a pinte of redd rose water, and halfe a pinte of Violett Leaues water, one pound of the finest Sugar you can gett, and three nutt meggs, and breake them as fine as you can then putt them all to geather, into a pottle pott, and boyle them, till they come to a pinte Stirring itt Still as Long as yett Seath, then take it from the fiar, and put it into a uery faire Viall, and Stop it close, and when you goe to bedd, drinke one Spoone full could of itt, and Soe in the morning as mutch, and fast two hours after, and in 3 dayes it will help you

For to take away heate, or Sunburne, or Morfen, or freckles, in the Face - -

Take creame, that is of the Strokins of cowes two ounces, of the oyle of bitter Almonds, a quarter of an ounce, Lentrich of gold, halfe an ounce, incorporate, all these togeather in a morter, uery well, then putt to it, halfe a handfull of tansey, that hath beene uery well Stampt in a morter then putt to it, the whites of foure eggs, Soe mingle them all togeather, and put it into an earthen pott, and into that pott one pinte of rose water, and one pinte of Spring water, Stirr them well to geather, Soe Stop it up close, that noe winde gett in, then putt it into the Sun; where it Shines uery hott, for the Space of: 6: dayes, when you use itt dipp in y^r finger and anoynte y^r face att night, when you goe to bedd, in the morning wash it of with, faire water, - - - - - - - - -

A receipt against the Scuruy - - - - - -

Take mirrh, and Aloes of each halfe an ounce, Sweet mariorum, an ounce, Saffron: 3: penny worth, all these things finely powdered, make into pills, with Syrrup of ruberbe - - - before you take of the pills, take a Lemon and cutt of the top, and pick out the Seedes, and fill it with Saffron, and put on the topp again, and put it either into a Sawcer, or porringer and roast or bake it, and putt it into a fine muslin cloth, and hang it in a quarte of white wine, and drinke a wine glass full, euery morning, and walke or Stirr, after itt - - - - -

mrs Whits her Searecloth - - - - - -

Take halfe a pinte of Sallet oyle, and a quarter of a pound of beese wax Lett the wax first melt, then put in the oyle, and Lett it boyle, and then putt in a quarter of a pound of redd Leade fine Sifted, and Shake itt in Lightly, by degrees, keepe Storing itt with a Stick all the while, and when it is of a brownish coller, it is enough, then dipp in y^r clothes, and hang them uppon a Stick and when they are cold, dipp them in againe, and then Stroke it betweene y^r hands, and first putt Some oyle into the palme of y^r hands, Soe Stroake out the wringkles, and rubb out the nubbs, this is good for any greene wounde or old Sore - - - - - - - - - - - - - - - - - - -

A receipt for the the Whites - - - - - -

Take two ounces of Venice turpentine put it in a dish, put to it redd rose water, and beate it uery well, then change the water, and beate it againe, untill it Looke white, then power away the water, and add to it two ounces of cynamon, finely beaten, and Searced, three ounces of dubble refined Sugar, mix all these well togeather, and putt it in a pott, and take of itt euery morning fasting the quantity of a wallnutt, and fast Some howres after, and whilst you take it be Sure to eate Some roast meate, hott for dinner, any thing except Veale - - - - - - - - - - - -

A receipt of the compounded Tobacko, good against the rhume - - -

Take bittany, rosemary, coltsfoot, of each a Like quantity, Amber, benjamen, Storax, frankensence of each a Like quantity, to backo what you please, the hearbes must be dryed, and cutt Small, the amber, benjamen, and Frankensence, are to be bruised, and the Storax cutt Small - - - - - - - - -

The Juice of dasies in the Summer time you must make it of the flowers, and Leaues, in the winter of the rootes, the party greeued must Snuff Some of it, into the contrary nostrell, with a quill two or three times att a time, if you find ease not the first, the party is to Lye downe after itt - - - -

you use it mingle it with red rose water, because it should not be to tarte for the eye
& Greens Itallian flowers, to be used, with this Water, good for impostumation
Greene wounds, ould Sores, it metigates paines, Aches, applyed Like a Seare cloth
it takes awaye pimples in the face, it cures fellons, and those that are gaeled by
riding, it cures cornes, if you pare them after the full of the moone, as neare as
you can Soe that they bleed not, then Laye on this, and Lett it Lye on four dayes
then take it of, and take of the corne, any hardnes, that ariseth, 5, or 6: of these
Plaisters, will bring the corne out by the roote, and take awaye all paine
if you cutt till you chance to fetch blood, you must change the plaisters euery 12 hou
res
Take two ounces of oyle of ollive, foure ounces of yellow wax, of Litrige of gold and Siluer,
of each of these foure ounces apeece, of mirh foure dramms, of uenice turpentine foure ounces
first put into a posnett, that you meane to boyle it in, two partes of three of the oyle, with all
the wax Sliced, when the wax is melted, put in the mettles, one after an other, allwayes Stirring
of them all the while, on a moderate fiar, the posnett Standing on a trauett, when it is boyled to
a brownish coller, then put in the mirh, and the other three partes of the oyle, and Lett them
boyle to geather, Still Stirring them, till it come to a browne culler, then take it of the fiar, and
put in the uenice turpentine, Stirring it well to geather, then power it oute Suddently into a
buckett of faire water, as Soone as euer you can tutch it kneade it a Little, and mold it on a
boarde, and make it upp in roles, for ye use, and keepe it in a bladder - - - - - - - - -

A Salue to heale Burning or greene Wounde - - - -

Take of St Johns woorte, of Selfe heale, in the heart ball tis called, Sopwort of gill run
by go round, of mallowes, and of elder leaues, of each of these a good hand full, and mince them
Small, then putt them with a pinte of Sallett oyle, into a Skillett, and Lett them boyle to gether
untill it Looke uery greene, when it is allmost boyled putt into it one Spoonfull of turpintine
and two ounces of beese wax, when that is dissolued, Straine it into a pott you meane to keepe itt

For the Plague, Small pox, measels, Surfitts, or any hott Disease

Take three pintes of malmsey, or the best Sack you can gett, boyle in it of Sage, and
rue, each a hand full, till a pinte be consumed, Straine it Sett it on the fiar againe, putt
there to, a quarter of an ounce of ginger, as mutch of Long pepper, and halfe an ounce of
nutt meggs, beaten well to geather, then Lett it boyle a Little, then putt to it of Methridate
an ounce, of treacle two drams, hott Angellico water which is best, a quarter of a pinte,
take this allwayes warme, morning, and euening a Spoonfull or two att a time, if you be
diseased Sweate after it, if not once a daye is Sufficient, if the party be uery weake, boyle
in this three drams of Leafe gold, boyle the drinke if possible, on a charcoale fiar, as for the
the plague it Sends it forth, for the Small pox, and measells, it Strikes it from the heart, itt
will keepe aboue a yeare, younge, or old maye take itt, without harme, a Spoon full att a time, is ved

The Cordiall - - - - -

Take annisseedes, carriwaye Seedes, fennell Seedes, baye berrie, Juniper berrie of each 4:
ounces, ellicompane, Angellico rootes, exstollachange, of each 6 ounces, boyle all these in
one quarte of treacle, after the rootes and Seedes, are powdered Lett it boyle againe, for
the Space of halfe an howre, then take it of the fiar, putt in halfe a pound of browne Su
ger candy, disolued in halfe a pinte of the best brandy, burnt, Soe putt it ouer the fiar
for the Space of a quarter of an howre, keeping itt continually Stirring, keepe it close
Stopt, when you haue taken it off, This will make two quartes, it will Stand you in 3 8 6

Gaskins Powder, good against Agues, Pox, or Measles

Take of pearle, redd correll, white amber, oculus cancser, harts horne, of each one ounce being redy beaten, and Searced, and the weight of all these, of the blackest claws, of king crabs being beaten, and Searced, make all these into a past with the gelly of harts horne, then make it in Little cakes, or Small bauls, Lett them Lye and drye, the dose is either, 8: 10: or 12 graines, according to the age of the party, they must Sweate, after the taking of it gently.

For the drithe in a Feauer

Take halfe a pinte of redd rose water, and halfe a pinte of Speere minte water, infuse all night, one dramm of rewbarbe, in the water, on embers, halfe a pound of damaske pruins, boyle them very tender, then take them upp, and Stone them, and beate them to pommis, halfe a pound of currants, wash them and drye them in a cloth, and pound in a morter, halfe a pound of figgs Sliced, one pinte of claret wine, put all this togeather, in the aforsaide water, boyle itt in a newe pipkin, and Lett it boyle the Space of halfe an howre, then take it back, and Lett it Stand, an houre, and halfe Simmering, then Straine it, and putt to it, two ounces of Syrrupe of damaske roses, and Lett the patient take three Spoonfulls morning

To heale a wound in foure dayes

Take Sentry, and Stampe it, when it is greene, and Laye it to the wound, and Shall &c.

To make ✠ Greens powder, and water, excellent to wash greene Wounds, and Sores, and to keepe them from festring, and excellent For any Sore eyes, that proceed from any hot rheume, but for cold tis not good

Take one ounce of camphier, finely beaten, Searced, and Shake it Lighly, into a Little black earthen pott, then take foure ounces, of the whitest copperis, finely beaten, and Searced, Likwise, and Shake itt in Lightly as before, a topp of the camphier, and Sett it in a deepe chafing dish, or a pann filled upp of good warme embers, but take care it be not to hott, and Sett the pott in the midle, and Lett the embers Lye close to itt, allmost to the top of the pott, and Lett it Stand in these pretty hott embers, untill it be disolued, into a kind of water, and after it be disolued, put a paper 4 or 5 times duble, on itt, and a Sawcer on that, with the bottome of the Sawcer into the pott, and a pound weight in it, to keepe downe that noe breath come out, and Soe Lett it Stand till it growe to a harde Stone, but you must take heede it doe not Smoake, for that Looseth all the camphier, therefore the embers must be of a temperat heate not Soe hott as to make itt Smoke, nor Soe cold as not to disolue it first, and harden it after, but if it be of a good warme temper, att the beginging, it will Last neare all the daye, Letting the pan or chafing dish, Stand in the chimney corner, when it is through hardened, and turned to a Stone, Standing in the embers all that daye and the night, and the next daye take it out, breake the pott with a pessell for itt will be Soe harde, that you cannot gett it out, when you haue it out, beate it in a brass morter Still Stirring with a Spoone, as you beate it, that it doe not Stick togeather, when it is as fine as you can make it, Searce it, then take foure ounces of bolalmoniack, finely beaten, and Searced, and mingle them to geather in the morter, well, then waigh it in halfe ounces, and putt them upp in Seuerall papers, close, and keepe all to geather, in a tinn box, close wrapped upp in paper

To make the Water

Take a quart of faire water, and Sett it on the fiar, when it is redy to boyle, take it off, and powre itt into a cleare bason, presently put in one of the papers of the powder, and Stirr it now and then till itt be colde, then put it in a glass, and Stop it close, with a corke, for Soe it must be kept, now and then Shaking of the glass, because the powder will Sinke to the bottome, but when you use it Lett it Settle and use it only when it is cleare, unless it be when there is proude or dead flesh in a wound, or to Stanch, a violent bleeding, of a wound, then take Some of the redd powder, and Laye on till it be Stayed or elce the cleare, and for Sores or wounds it must be warmed, if they be deepe, Sirrenged in, but for eyes, used cold, and allwayes the cleare of the water, when you make it a purpose for eyes, you Should then, put one of these papers of powder into an Ale quarte, of Seething water, or elce when you

To make the Yellowe Salue, and Greene

Take a pound of butter, unwasht, and unsalted, put it in a posnett, and Sett it on the fiar, till it be melted, then take three ounces of frankensence, as mutch of wax, and 5 ounces of rozin, a good peece of deares Suitt, put these into the butter, when melted, put in three penyworth of oyle of gease, and as it riseth take it off, and Stirr it for feare of running ouer, when you thinke it is boyled enough, take it of, and Straine as mutch as you please to haue for yollow Salue, then putt in two pennyworth of uerdigrease, pounded Small, Lett it boyle a walme or two, take it of and Straine it into an earthen pann, Lett it Stand till the next daye before you, coue itt, if you will make noe yellow Salue but all greene, then putt in a hapeth, more then you doe, when you make both greene and yellow Salue, of Uerdigrease, to make it Stronge of the uirdigrease, when it hath risen upp: 10: times it is enough

To make a Pultes to breake any Swelling that another will not breake, but trye another, first, when the Swelling is drawne to a head that you See it will breake, then put on this morning, and euening, till itt breakes

Take halfe a pinte of newe milke, of white Lilly rootes, wash them uery cleane, and drye them uery well with a cloth, then take as mutch of the rootes, as you can well hold in yr hand, put milk and the Lilly rootes into a posnett, Soe boyle them togeather till be allmost as thick as a pull tis, then take it of the fiar, and put into the posnet a Spoonefull of honey, a yeolk of an egg, and a Spoonefull of honey, and a Spoonefull of flower, then Sett it to the fiar, Stirr it for feare of burning, Soe doe all the while tis boyling, before Stirr itt now and then, for feare of burning too, and as Soone as it boyleth up take it of, and Stirr it well togeather, Soe Spread it with a knife on a cloth, and Laye it to the Swelling as hott as the party can endure it, till the Swelling be broken

A rare medecine against Tetters, and Ringwormes

Take black Soape, and allmost as mutch ginger, in powder, and mix them well togeather, then annoynte the with any tetter or ringwoorme, euery daye the Space of three or foure dayes and it will heale it: Probatum est:

To take awaye rednes in the Face, an excelent Pomatum

Take the caule of a younge Lamb, and beate it in a Stone mortar, but not water it, put it in a Leaden pott, that hath a close couer to it, and power, on it as mutch distilled winegar, as will couer itt ouer, then Stop it and bind it fast, Soe Sett it in a hott dung hill 14 dayes then take it forth, and put awaye the winegar, and the other, in a gally pott, in a Skillett of water, and Soe keepe itt in a cake, when you use it melt it againe, in a gally pot as before, Soe beate it upp with yr hand till it be colde

For the Face

Take an ounce of virgins wax, as mutch of parmasety, as mutch of oyle of beane, Scrape yf wax or Shaue it to be as thinn as the parmasety, add to it one ounce of oyle of tartar, when the wax parmasety and beane, are melted into one body, and halfe a dramm of the flower of benjamen, beate all this up to a poomate, it is good for heates, rednes of the face, and to make the face faire, and younge

To take awaye morphew or Freckles

Take foure Spoonefulls of maye dewe, and one Spoonefull of oyle of tartar, mingle them together and wash, the place where the freckles be, and Lett it drye on of it Selfe, itt will cleare the Skinn, and weare them awaye

For the Scarlett Feauer

Take Spring water, and Suger, dye itt a good yellow with Saffron, and take it by a Spoonfull att a time, as Longe as the dright Lasteth, and keeping in a warme bedd for three dayes, for if they take cold, they will Strike in againe, and make them Ill, though they thinke them Selues, Safe when abedd

To Staye the Floox Aproued

Take the best bole armoniack, beate it very Small, put thereto, Some consearue of redroses mingle them well togeather and giue the Sick the quantity of a hasle nutt att a time

A Pill to Purge

Take of Argruk ij drams, of alloes ij drams, of colliquentita, a Scruple, and an halfe of deigrediat, a scruple, and a halfe, of mastick, bedilum, Arabicus, of each halfe a Scruple ye dose is the weight of: 7: pence

A very good Purgation for a Woman

Take Stone ferne, one handfull, one handfull of mayden haire, one quart of water, Sett it on the fiar, when redy to boyle, take itt and Lett it Stand all night, then boyle it to a pinte, and Straine itt putt in two pennyworth of Liquorish, and boyle it all to geather, drinke it morning and euening

A Vomiting Pill

Of fine flower one ounce, of Stetium, one dramm, of oyle of Anniseedes, one Scruple, beaten with a Little gumdragon, Soe make them upp, ye dose is one dramm,

The Sleeping pill

of cinamon water two ounces, of opeum, one ounce and halfe, of Mirh, and mummia of each halfe an ounce, castier, a dramm, the topps of Sage one dramm, the oyle of Anniseeds two Scruples rose of Solis, two ounces, muske one Scruple, disolue the gum, and the opium, in the rose of Solis, and the cynamon water, Soe boyle itt to the hight, and make ye pills, ye dose is four graines, a Scruple is the weight of Six pence.

To dry up euill humors in the body, and to comfort the Stomake

Receiue redd Sage, and hearbe grass of each a handfull, of Suger candy, two nuttmeggs cloues, mace, and cynamon ℥ ij or as you please, to mak itt hott, and boyle them all in a quart of white wine, and putt itt into a quart pott with the hearbes, and allsoe drinke a quarter of a pinte euery morning fasting, and Lett the next drink be a Little Ale bue

To make the Black Salue

Take a pinte of the best Sallett oyle, and halfe a pound of redd Lead, keepe oute a Spoonefull of the oyle, then putt the oyle, and Lead to geather, into a posnett, mingle them well togeather with a cleane Stick, befor you, Sett it on the fiar, Sett it on a fiar of charcoale, noe more then will mak itt boyle, Softly, Soe Lett itt boyle, Stirring it one waye, then dropp a dropp into water, if enough, the dropp will not runn aboute, butt will be harde that you maye take itt oute, with ye fingers, role itt in roles, or putt it in an earthen pann,

A Plaister for the Stone in the Kidneys

Take one once of perreson, as mutch of white Virgins wax, as mutch of oyle of roses, halfe an ounce of the mother of frankensence, boyle all these to geather, in the aforesaide oyle of roses, make a plaister there of, and Laye itt twart the back, on the kidneys till you find ease . . I thinke it would doe well if you did use, the milke of turpentine, the quantity of halfe an ounce, att a time, for twise, and resting, three or foure dayes, or a weeke betweene, and use this twice while ye plaister is on

For a Cancer

Take a neve Layd egg, the yeolke of itt, as mutch allome as the yeolke, the quantity a Like, beate the Allom very Small, mingle the yeolke, and the Allome togeather, with a Spoone in a earthen pipkinn Sett the pipkin on Some coales, Soe boyle itt Leasurely, Stirring it togeather with a Spoone, till it come to a powder, putt a cloth on a Stick, put Some of the powder on the cloth, tutch the cancer with the powder, Lett the powder Lye on itt, dress it after you haue eaten, or dranke, Soe Lett itt rest, and it will help the greatest cancer that is

A dramm, of Ambergreese, the weight of three barly cornes, of bezer Stone, the weight of two barly cornes, make all these into ponder, and in a Little burnte clarrett wine, giue as mutch of of this ponder as will Lye on a penny, morning and night, first and Last: 3 or 4 times will Serue make allsoe Some broth with plantin rootes, Sheperds purse, nott grasse, burnett, and bryarleaus and drinke it att y^r pleasure

For the Collick or Loosnes

Take one ounce of rewbarb, pullueressed, putt it into a pinte of the Strongest Anneseed water, and keepe it Stopt, for a months Space, Shaking itt euery daye, the dose is three Spoone fulls ordinary, and to a strong body, you maye giue foure, in the morning, and fast two hower, after itt

To bring away the after birth, or False conseption Aproued

Take the inner rine of the bowes of elme, that are aboute the bignes, of a mans Sleeue, and drye them in an ouen, after breade, and beate itt to ponder, and take as mutch of the ponder as will Lye on a Shilling, you maye take the Like quantity, within an hower after, as you finde cause, Some take it mixt with Irish Slatt, Soe Soone as they be brought to bedd, all though all be well within them,

The Balsom

Take Linseed oyle one pinte, rozin one pound, beese wax: 3 ounces, Venice Turpentine 2 ounces burgama pitch two ounces, gum Araback two ounces, gum ellene three ounces, black pitch one ounce, melt all to geather uery well, untill they be redy to boyle, then take itt off from the fiar, and putt in oyle of Spike oyle of turpentine, oyle of cloues, oyle of rosemary, of each two ounces, gallbanum, halfe an ounce, Storax Liquidum, one ounce putt them all to geather, ouer a gentle fiar, for to incorporate, Soe fill itt upp into potts as you please, be Sure y^r fiar be butt gentle att the first

For a Fistula, Sore eyes, or the Stone

Take a hand full of reue, a hand full of reed Sage, and a pint of wood lice, Stamp them Small to geather then Shutt them close into a uessell of foure gallons of Ale, after itt hath done working, then Lett the diseased drinke, noe other drinke

Consumtion Cakes

Take, the Juice of yarrow, mingle itt with fine flower, the yeolke of a new Layd egg, and browne Suger, make all this into a past, and make of it cakes, as bigg and thick as a halfe crowne, bake them on a fiar Shouell, in the morning dissolue one or two into Small Ale, and eate them, and drinke the Ale, this hath beene used with good Success, you maye make a frayse of itt, putting itt into more Juice to make itt Limber,

For the Scurvy

Take water cresses, brookelime, Scurvy grasse, of each 8 hand fulls, cutt Small the rootes of Succory, monkes rubarb, horse radish, of each foure ounces, Sliced thim, Liuerwoort, fumetory elder barke, the middle barke of Sug, younge Spriggs of turmindale, of each two hand fulls, orringes Stuck with cloues, Suspend them in 5 gallons of newe Ale, and within two or three dayes, drink, halfe a pinte in the morning, and att foure of the clock in the Afternoone,

To make Losinges for a Cold

Take a quarter of a pound of ponder Liquorish, finely beaten and Searced, as mutch of the ponder of aniseeds, two Spoone fulls of the ponder of elicompane, as mutch of the ponder of horse radish and mix all to geather, with a pound of white Sugar, and finely beaten, and Searsed, then take Some roes water, Steepe Some gumdragon in it all night, and with this water beate upp the ponder, in a morter, into a paste, and putt the ingrediences, in by degrees, Soe that it be well beaten and mixed to geather, then take itt oute, and role it on a paper, Soe cutt it in Little round peeces with a thimble, then putt them on paper, and Lett them drye, in a ouen, that is Just warme, or in a Stoue, if you please you maye put Ambergreese or muske into itt

A receipt of a Purge for Waterish Humors

Take broth made of chicken, or ueale, when this broth is boyled, and Strained, take two ounces of mana, and mingle itt with, halfe a pint of the Said broth, then putt in halfe a dram of Sollap and add a little Scrapt ginger to it

A receipt for a bruise or a Straine

Take halfe a peck of cowsleeps, with the flowers and heads, halfe as mutch redd nettles and as mutch redd Sage, chop all these togeather, then take two pound of fresh butter, clarified, then putt all the hearbes, choppt, into the butter, and Sett itt on a Soft fiar, and Stirr itt untill the Strenght of all the hearbes, be out, then Straine itt for ye use. Probatum est

A Lenatiue Electuary, good for the Spleene and head, and for obstructions

Take of the conserue of damask roses, halfe an ounce, rubarb in fine powder one dramme, of the powder of nuttmegs, the weight of threepence with Syrupe of apples, or Syrupe of damaske roses make an electuary, add of oyle of Sulpher, three drops, but if you haue Syrupus de pomis, regis Sapor make the electuary with that, you maye use insteed of the oyle of Sulpher the Juice of Lemons. take of this electuary, the quantity of a good pruin, more or Less, as you find ocation to be taken once in two or three dayes, Doctor Story

Against a Sharp humor in the Lower parts

℞ a pint of milke, and a quart of water, and Shake, or brewe them well togeather, and drink drinke itt off, as Suddanly blood warme, as you cann, Dr Hurst --- Allsoe itt will doe good to take euery full and newe of the moone, of unsalted butter, and honey, the quantity of a wallnutt of both togeather, working them upp in powder of Liquorish and Swallow itt, and then drinke the aforsaid drink presently after itt

For a Continuall Lousnes

Take of Pigins dung, and heate itt in white wine uinegar, and put it in a bagg and applie itt to the nauell, uery hott, and when itt is cold heate itt againe

To make a Dyett Drinke

Take a pound of redd dock rootes, halfe a pound of persely rootes, of fennell rootes halfe a pound of pollipodium rootes halfe a pound, Slice them uery thinn with the pith taken oute, two good grips of water creasses, and red brookelime, of Liuerwoorte two good hand fulls, of Succory two good gripes one of dandilyon, two of egromony, as mutch of betony, of Scabious as mutch, one hand full of red Sage two hand fulls of primrose Leaues, and a peck of primrose flowers, a hand full of ashen budds, a hand full of Sweett marjorum, foure ounces of Liquorish, of anniseeds after they are rubbed and made cleane, of carraway Seed foure ounces, of fennell Seed foure ounces, a pound and halfe of figgs, and a pound and halfe of reasons of the Sunn Stoned, and Slice them uery thinn, take halfe a pound of Lignum uity, one ounce of Saxifrage, rootes, Lett these two be infused togeather in running water, a night and a daye, before you brue ye ale, Lett ye Seedes be bruised, and ye Liquorish Slitt, boyle all these in: 12: gallons of woorte, putt ye infusion into the rest, and Lett itt boyle on a soft fiar, till four gallons be wasted, then take a peck of Scurvy grasse, and Stam^p itt, putting the Juice of itt Strained into the barrell, when itt hath all most done working, then take: 6: ounces of Sena, one ounce of rewbarbe, an ounce of each Seeds before mentioned, and two ounces of Liquorish Sliced, thinn, of reasons and figgs of each a good hand full, Stone the reasons, and Lett them be both Slitt thinn, putt these into a bagg putting Stones in the bottom of itt that itt maye Lye att the bottome of the barrell, Lett the bagg be putt in the barrell before you turn ye woorte into itt, Six dayes after itt hath done working you maye drink of itt, putt a greene, turf, on the barrll to keepe itt cold

The red powder Aproued by the Lady Farmer

Take of dragons blood one dram, which is the weight of a peny, of powder of red correll

a dramm

youre hearbes, as harde as you can therewithall, after Lett itt boyle awalme or two, and take itt from the fiar, then put to it these things following: Viz: take one pound of rozin, one pound of turpentine, three quarters of a pound of wax, and one ounce and halfe of mastick, beaten into fine powder, Lett these thinges be melted, in a Skillett, then Straine them into ye aforsaide Liquor, and Let them boyle togeather, untill itt be neare enough, then power itt into a pottenger, full of the Juice of per Seley, and Stirr ye pann, with a good Stick, Soe fast as you maye, when you power in ye Juice, Lett itt have awalme or two after, then take off ye pann, and Stirr itt continually till itt be Soe colde as you maye worke itt upp in roles, and Soe keepe itt cleare from dust

For Stinging of an Adder or Snake, or any other Venemous thinge

Take a good quantity of St Johns woorte, and Stamp it well, put thereto a pretty quantity of good wine uenegar, and applye itt to the place it will drawe out the uenome and cure, rotten eggs have the Same operation being well beaten, togeather, therewithall rubbing and chafing, well for a good Space togeather, the place, Stung, itt hath beene often exsperienced, in the cure of the udder of a cowe and other partes of beasts Soe Stounge, and itt will be good to researue Sutch eggs, allwaies in a reddines to be kept on purpose,

To make a balsome, which maye be taken Inwardly or outwardly

Take the Spirritt of wine, drawne from Sack, one quart put it in a Strong glass bottle, if the Spiritt be good it will Looke Like whitwine, and one dropp of it, put into faire water, will turne it as white as milke, then take Sarsapereley, and cutt of all the Stringes, and wipe itt with a cleare napkin, but Lett it not touch any water, then drawe it in foure quarters, and cutt it as Long as ye finger, and bruise it a Little in a morter, put 4: ounces of Sarsaperella, into ye Spiritt of Sack, Lett it there remaine till ye Spiritt Looke as yellow as gold, then Straine ye Spiritt and putt into it 8: ounces of gum guacum wiped and beaten into powder, Shake itt, and Sett ye glass or bottle, into a ouen, after bread is drawne afterward Sett it in Some warme place for 9 dayes Shaking it euery daye, the place must not be to warme that you keepe it in, when the gumguacum, is disolued, put in ye Spiritt a good Spoonefull of indian balsome, if you use it for old Sores, heate it and burne itt as you doe Sack, Stirr ye balsome euery well in the Spirritt, the more gumguacum you put in, the colder it is and the more Indian balsom the hotter it is, The Virtues It cureth the french pox or any dissease being taken inwardly by the patient, two Spoonfulls in a pinte of beare morning and euening, it maye be giuen to any inhelth for itt purgeth gently, it is good phisick to purge withall att any time, and if it purgeth not itt turneth to nurishment it cureth all cutts, wounds and bruises being applyed within 24 howres, it must be dropt into the cutt or wound, and a Linnen ragg dipt in it, and Layd on the wounde, but old woundes and Sores it inflameth, and makes it worse, but if you burne awaye the Spirritt of it, it worketh the Same cure in old Sores, you maye allsoe mix it with indian balsome, and Sell it for it doth as good cures, Soe Long as the patient take it inwardly he must not eate any butter or cheese, uensson, pine nor any hogs flesh, and if you take it Long, you must not use any uenerius ackt, for three weekes after, nor in the time of taking itt, for a broken uaine or any inward wounde mix the balsome with conserues of roses, and make itt into pills, and Swallow it downe, and drink after a draught of plantin water

A redd Salue pretious for Wounds

Take Sallett oyle one quart or three pintes, yeallow wax halfe a pound, of uenice turpentine; 6: ounces Liquid Storax, 6 ounces, oyle of opprishon halfe an ounce, naturall balsome halfe an ounce, rosewater and plantin foure pennyworth, redd Sanders two ounces, dragons blood one ounce, mummey one ounce and of rosmary and bayes togeather, one handfull, of Sweet mariorum one handfull, putt the hearbs dragons blood, yellow wax, and mummy, into a pipkin, Sett it on a Soft fiar, and Lett them boyle Leasureley, then putt into a nother pipkin, the Sallett oyle, turpentine, Storax, and oyle of opprishon in a quart of conduit water, the plantin and rose water, Lett them boyle a quarter of an howre on a Soft fiar, then take itt off, and putt therein the balsome, and Sanders, and giue them a boyle then Straine itt into an earthen pann, Letting itt Stand, till it be cold. then take the water from it and melt itt againe, putt it into potts

must not Leaue Stirring it untill the matter be turned, into the colour of oyle Som what, darker then dropp of itt uppon a wooden trencher, and if itt cleaue not to the finger it is enough, then make itt upp into roles, it will keepe xx yeares the elder the bettar, the Virtue of this emplaister, itt being Layd on the Stomake, it prouoketh appetite, it taketh awaye any greife in the Stomake being Layd on the belly, is present remedy for the collick, and Layd uppon reines of the back the Same healeth, the bludy flux, the running of the reines, the heate of the kidneys, and weaknes of the back, the Same healeth all Swellings, bruises, and taketh awaye Aches, it doth breake Mellon, pushes, and other impostumes, and healeth them, the Same draweth out any runninge humors, without breaking the Skinn, and being applied to the fundament, it healeth any disease there growing, being Layd on the head, it is good for the Muola, it healpeth the head ache, and is good for the eyes, it easeth and cureth cornes

A Pultess to abate any Swelling, and to heale any Sore, by Mr Fenton.

Take of mallowes, of mullett, of each 4 hand fulls, of the rootes of Althea, halfe a pound, of Lillie rootes: 4 or 5: of figgs 4 ounces, of cammomill flowers, three hand fulls, boyle first the Althea rootes the Lilly rootes and the figgs to geather, in a Sufficient quantity of water, till they be uery tendar then take them out of the water, and beate them in a Stone morter uery Small, then putt ye mallowes mullet, and cammomill flowers, into the water, and Lett them boyle till they be uery tendar, and then beate the hearbes, and the rootes to geather, till they be uery Soft, and Small, and after putt them all againe into the water, that they weare boyled in, and put unto them Soe mutch beane meale, as will make itt thick, putting Last of all unto them of the best honey halfe a pounde, of wine uinegar a quarter of a pinte, of Linseed oyle: 6: ounces, and Stirr them all well to geather, on a uery Soft fiar, and when they be well mixed, togeather, take them off, from the fiar, and preserue them for ye use, Probatum

For a Bruise Mr Westwood

Rf woormwood, cumminseede, each halfe an ounce, meale of Lupines one ounce, Salt one dram, mallows and Smallage, each halfe a hand full, Lygh of oake Ashes: 4: 5: make a pultess

Rf mustard Seede, nettle Seede, brimstone, rounde Aristologia, Saforne, bdelium, each one ounce, Armoniacum, oyle of woormwood, wax, each two ounces, make here of a plaister, annoynte with oyle fitt for nerues

A Pultes good for a bruise or Straine, in any tender parte of the body

Take a white Lillie roote or two, either rost them in the Ashes or boyle them in faire water, till they be tender, then beate them fine in a Stone morter, and Sett them to the fier againe, with a pinte of white wine and 4: Spoonfulls of honey, and putt to them a quarter of a pound of beane flower, or Somwhat more, two ounces of meale, of Linseede halfe an ounce, of ponder of commin Seeds, two Spoone fulls, of ponder of cammomill flowers, one Spoone full, of the ponder of redd rosleaues, two ounces of oxmeale Simplex, and foure ounces of oyle of oyle of cammomill, Stirr them to geather, with a Spatula, and Lett them boyle a Little to the forme of a pultes, of which applie to the parte greeued, made warme, and change itt euery 24 howres

Another for the Same

Take a quarter of a pinte of (a pinte) of whitewine, and put to it two Spoonefulls of honey, Sett them in a pottendish, uppon coles, on a chafing dish, and when the honey is melted, then powre into them by Little and Little, Soe mutch beane flower, as will bring them to the forme of a pultess, Stirring itt Still with a Spatula, and amongst the beane flower putt in halfe a Spoone full of ponder of commin Seedes, and a Spoone full of ponder of camomill flowers, two ounces of ox meale, and three ounces of oyle of cammomill, make not the pultes to thick, and applie itt warme as aboue Saide

The making of greene Salue uery good for greene Woundes or old Sores, it will both draue and heale

In May or June gather, these hearbes following; Viz: Plantin, Ribwoorte, yarrowe, Varuen bettony, egremony, burnett, mugwoorte, of each one good hand full, gather these cleane, with oute dust, for you must not wash them, Shridd them Small, and Stampe them till they be Like a Salue, then boyle them halfe an hower, in a pottle of good whitwine, then Straine ye Liquor, and wringe

And the Like quantity of the Leaues of Liue in idleness, otherwise called paunces, chopp all these uery Small, and take Sutch a quantity of butter, unsalted, and unwasht, as you Shall thinke good, and the Like quantity of Virgin wax, or rather more, that the Salue may be the more thick and Stiff, putt all to geather, and boyle them untill Sutch time, as the hearbs be uery well Sodden, then Straine the Same and itt will be a perfect Salue ~~~~~~

An aprouied medecine or Water, good, for any Sore ~~~~ La Pagett

Take bole armoniack 4 ounces, champhere one ounce, white copperis 4 ounces, boyle ye copperis and campheere to geather, in a Little black pott, untill they be come water, Stirring them to gether untill they be come hard in Seething, beate them in a morter, then take the bole armoniack, beate itt to ponder, by it Selfe, and mingle them to geather, and keepe ye ponder in a bladder, when when you haue ouassion to use the water take a pottle of running water, and Sett it on the fiar, untill itt doth begin to Seeth, then take itt from the fiar, and putt three Spoone fulls of the ponder, into the warme water, and putt the water into a glass, and Lett it rest till itt be cleare, in the upper parte, then take the clearest of the water, and wash the Sore there with uery warme, and Laye a Linnen cloth wett in the Same hott water 4 dubble on the Sore, and bind itt fast with a roler, and keepe itt warme, doe this euening and morning ~~~~~~~~

A Searecloth for an old Ache. ~~~~ Mris Heath ~~~

Take halfe a pinte of oyle Oliue, a quarter of a pound of redd Leade, boyle them to geather and Stirr them, untill they be black, then take itt off, and put thereto as mutch, Stone pitch as a wallnutt, and the Like quantity of deares Suitt, Stirr them well to geather, untill both be moulten then dipp a Linnen cloth, therein, and make there off a Searecloth ~~~~~~~~~~

A Searecloth good for any Swelling or Ache ~~~~

Take a pound of franckensence, halfe a pound of rozin, a pound of Pitch, halfe a pound of wax as mutch of deares Suitt, and for want there of as mutch of Sheepes Suitt, and a quarter of a pound of turpentine, melt them to geather, and Spreade them on a Linnen cloth, plaisterwise ~~~~

An Aproued medecine or Water for an old Sore ~~~~~

Take a quart of whit wine, an hand full of honysuckl Leaues, as mutch of ground Iuy, as mutch of plantin Leaues, a peece of white coperis, of the quantity of a haslenutt, putt these into the wine, and Sett itt on the fiar, in a kettlett and Lett it boyle, untill it come to a pinte and halfe, then Straine itt through a faire cloth, and Soe put it up in a glass and wash any old Soe there with, twice a daye with a faire Linnen cloth, Laying a cloth well wett in the Same, on the Sore, and couer itt with a bladder, to keepe the cloth wett, this hath beene often exsperienced, to be a uery Souueraine, medecine for an old Sore that is not in Small deepe holes ~~~~~~~~~~~~~~~~

An excellent Salue, or Plaister, for an Ache, or for the Swelling of an Ague

Take halfe a pound of bores grease, and a quarter of a pound of new yellow wax, and melt them both to geather, then take one ounce of good campheere, as Small beaten as you cann putt it into the rest and Stirr it well to geather, and Lett itt Stand on the hott coales a pretty while, but haue care that itt boyle nott mutch, then Straine itt into Some wooden Vessell, and keepe itt till you haue a casion to use itt, and then it must be Spreade uppon a thicke new Linnen cloth, as thinn as you can and Laye itt to the place greeued ~~~~~~~~~~~~~~~~~~~~

The Ledden Emplaister ~~~~

Take two pound and foure ounces, of the best oyle olive, of good read Leade one pound, of white Lead as mutch, both beaten uery well, into dust, and Searsed, of Spanish Sope, 12 ounces incorporate, all these well to geather, in a earthen pott, well glased, before you putt them to boyle, and when they are well incorporated, that the Soape cometh upwards, putt it on a Small fiar of coales, continueing the fiar for the Space of one howre and halfe, Still Stirring itt with an Iron ball on the topp of a Stick, then make the fiar Somwhat bigger, untill the rednes be turned into a graye colour, butt you

must

And melted, with the other things, and you must take heed with all, Least the matter be ouermutch melted, and soe boyle ouer into the fiar, for itt is uery hott of itt Selfe, afterwardes putt into itt these things following, take of two kindes of Aristologia, rotunda, callaminaris, mirhe, Frankensence or euery of them an ounce, beate them into uery fine ponder, and putt them into the Said matter and power on the Same an ounce of oyle of bayes, and Lastly, putt there in, foure ounces of pure and fine turpentine, Lett them boyle and Stirr them aboute continually, with uery greate diligence, and when you will know wheather itt be well and Sufficiently Sodden, putt a Little there of into cold water and if itt be Soe Soft that it cleaue to ye fingers, it is to Soft, and therefore Lett it boyle Longer, untill itt be well boyled, and then att Lengh take itt from the fiar, and power itt into a greate bason, full of water, and when itt is well colded that you maye handle itt with ye handes, annoynte ye handes with oyle of cammomyll, or oyle of roses, and neade itt well with ye handes, three or foure times, till an houre be past euery time, that is three or foure howres, and Soe Laye itt upp in a cleane uessell, and itt will continue good about: 50: yeares, and be then as medecinable, as itt was the first daye itt was made The uirtues of this emplaister, by Paracelsus, are Innumerable, itt is good for old and new Sores itt dryeth, it cleanseth, itt breedeth good flesh, itt confirmeth, itt comforteth, itt healeth more in one weeke, then any other, in a whole month, itt will not Suffer any Sore to putrifie, or corrupt, or any euill flesh to growe, itt is most excellent for Sinnews, cutts, bruises, or pricks of a thorne, and Sutch Like, itt draweth out of wounds, Iron, Lead, or wood, and other Sutch Like, if you doe but Laye itt thereon itt cureth the biting of uenemous beast, Itt causeth all kind of impostumes, and byles to breake, and ripen and itt is most Soueraynge, against a canker, or Fistula, the Shingles, St Anthonies fiar, and allsoe a Spetiall and present healpe, to aswage all kinde of paines, and aches, and for all kind of wounds, and itt hath beene exSperienced, to be a Singular, and Speedy healp for bones out of Joynte, Soe that by Laying one, or two, or three, att the most plaisters, on the place in 14 dayes itt hath Soe cured, that the patients, haue felt noe paine, or weaknes after, allsoe it is good for Foynes or thrusts, but you must not tent them, except they matter be fore the plaister be Layd on, only Laye this all ouer itt, and two plaisters comonly, are Sufficient, to heale any Sore or Swelling, but if the dead flesh be in a Sore before the plaister come att itt, it will not destroye it, nor drawe itt oute, but if itt find none there it will not Suffer it to breed, when you Laye upp the plaister, wrapp itt only in paper or Leather, or both for itt will keepe it the bettar, from ouermutch drying, and Laye itt in a place, defended from the Sunn, and the winde.

A Spetiall good Searecloth, of excelent Virtues, as after Speareth, Mr Tayler.

Lb oyle ollife, lib. j ß: redd Lead lib: ß, white Leade ℔ j: 6: castle Soape ℔ 4: oyle of bayes ℔ j: 2: put ye oyle ollife into a pipkin, adding thereto the oyle of bayes, and the castle Soape, Sett itt ouer a uery gentle fiar of embers, untill all be well melted to geather, then Strowe into itt a Little of the ponders of the redd and white Leade, being mingled to geather, Still Stirring itt with a greate Splatted of wood and Soe Strowe in more of ye Leade, by Little and Little untill itt be all Strowed in, Stirr itt continually att the bottome for an howre, and halfe, then make the fiar Soom what bigger, till the rednes be turned to graye, coullor, but you must not Leaue, continually Stirring of itt, untill the matter be turned into a perfect black collour, Like pitch, then dropp a Little of itt on a wooden trencher, and if itt cleaue not to the fingers, nor to the trencher itt is enough, then take Long linnen clothes, and dipp them there in making Searecloths there of, which will Last good 20 yeares, Lett the ponder of the lead be Searsed most fine and Shred the Soape Small, The uirtues of this Searecloth are these, being Layd on the Stomack itt procureth an appettite, and taketh awaye any paine in the Stomake, Layd uppon the belly, itt is a present remedy for the collick Layd to the reignes of the back, itt is good for the bloody Flux, the running of the reines, the heate of the kidneys, and weaknes of the back, itt healeth all, Swellings and bruises, itt taketh awaye Aches, itt breaketh fellons, and other impostumes, and healeth them, itt draweth out any running yewmore, without breaking the Skinn, being applyed to the fundament, it helpeth any dissease there, and cureth any old Sore, itt will require Six houres to make itt

A Salue to heale a Small Cutt

Take of Sarpents tongue two or three hand fulls, or as mutch as you please, according to the quantity of Salue you meane to make, take as mutch of ualerion, halfe a hand full of Settwell, as mutch of Dithander leaues, as mutch of the Leaues, of hold me to you, as mutch of the Leaues of groundsill

and

A Sear-Cloath. Lady Westmorland

Take a Pint of Sallet-Oil, Half a pound of Red-Lead, a quarter of a Pound of Virgins Wax, an Ounce of ye Oil of Camomill, a quarter of a pound of Population, one ounce of Oil of Roses, & a Dram of Mastick. Boil all these together till they look black on a Gentle fire, so dip ye Cloath into it; or rather make it into great Rolls, & spread it on Allum Leather, when you have occasion to use it.

hath boyled a little Space, take it off the fiar, and Lett itt runn through a thinn cloth, and then dipp ye cloth into it, and Stroke them Smooth, and when they be cold Sleeke them, to make them more Smooth

A Water and Salue to heale a Cutt

Take three handfulls of Sallendine, as mutch of Sage, as mutch of honysuckle Leaues with flowers and all, a quart of honey, two pound and halfe of roch Allome, and one ounce of graines, and Seeth all this to geather in running water from a gallon to a pottle, and then Lett all runn through a Strainer, into a uessell, and keepe itt for ye use, and for the Salue take a quantity of rozin, and a greate quantity of Sheepes Suitt clarified, Seeth them both to geather, and Scum itt well, then take it from the fiar, and Sett it by untill the heate be aswaged, and then putt it into a glass of water and temper itt therein, itt Skilleth not mutch what Salue be Layd to the wound, if you wash itt with the aforsaid water, for the Salue doth butt keepe itt Supple

An aproued good medecine for a Fistula

Cutt a peece of Lawne bias, or ouertwart, that may be fitt to make a tent, according to the depth or Lengh and widenes of the Sore, then melt a Little rozin proportionable, and therein dipp the Lawne and make itt upp in a tent, then take of the young Spriggs first growing, after a oake hath beene felled, and make them as itt were into charcoale, which you maye doe by wrapping itt in a paper, and then Laying itt in hott embers, beate these coales, into fine powder, Searse itt, and mix, and temper itt with a conuenient quantity of hoggs grease, and Slipp the tents Slightly through itt, and Soe applye itt to the Sore, as Speedily as you maye, be cause otherwise, the heate of the body, will make the tent Liquid, and Less Stiff, and with all once in 7 or 8 dayes you must use a corosue in this manner take a pretty quantity of redd mercury, and being in powder, putt to it Soe mutch good aquauite as will moysten itt, well, butt not Soe mutch, as the aquauite doe floate, or Swim ouer itt, then Sett the aquauite on fiar, and Lett itt burne as Long as itt will, when the mercury, is Soe burned, itt will Looke with a darkish coulor, and the force of itt will be Soomwhat qualified, then wash itt in plantin water drye itt make itt into powder, Searse itt, and Strowe thereof on the tent, for the Space of an Inch or there abouts, according to discretion, and minister itt Speedily, as before, you maye couer the tent and Sore with a plaister, made of any good Salue, for that it not be otherwise, aualiable. then to keepe in the tent, this medecine, will assuredly healp, where Sutch a tent may be made, to fill all all the Sore

A medecine for a Scotch or Cutt

Take the yeolke of an egg, wheaten flower, and Inglish honey, beate these to geather, then put there to the Juice of wide dasie Leaues, and rootes being washed, and againe well dryed, and applye itt to the Sore renewing itt euery foure and twenty howres

Parcelsus his Plaister, caled Implastrum Fodicationum Paracelci, good for many Disseases, as Followeth

Take of these foure gumms, that is to Saye, galbanum, opponex, of each one ounce, Amoniacum, bedelium of each two ounces, Lett them be beaten uery Small, and putt them into an earthen pott, Leaded or glased, powring uppon the Same uery good wine uenegar, and Lett them Soe remaine twent four houres, then boyle them in the Same uinegar, on a gentle fiar of coales, that the gumms may melt and when they be throughly melted, power the Same out hott through a bagg, and wring or press well the Same that they may be well cleansed, from the dreggs, which dreggs must be cast awaye, then the Said Liquor Soe Strayned out, must boyle in a pott, untill the uenegar be all Sodden awaye, euaporated, and in the boyling you must continually Stirr itt, without ceasing, Least the gummes be burned, keepe this uery cleane and close couered, that nothing fall into itt, then take oyle ollife two poundes, new wax halfe a pound, and Lett them be putt in a earthen pott, well Leaded or glased, Sutch a one as is of Sufficient bignes, Sett the Same ouer a fiar of coales, and Lett them melt Softly, and by Leasure, and att Lenght putt into itt, Lithargi, beaten into uery fine powder a pound an halfe, Stirring itt continually, with a Stick, or Spadula, or Sutch Like, untill all this be well and throughly mixed to geather and the matter be of a tawny coller, then take off the aforesaide gums that was first boyled the quantity of a nutt, and putt it into the Same matter, and Soe by Little and Little putt into itt, Sutch a like quantity, of the Saide gummes, till all the Saide gumes be Soe putt in, and be well mixed

and melted

For any Bruise

Take cowslipe flowers, and Leaues, and redd nettle topps, as mutch as you thinke conuenient, and Stampe them Small, then mingle them with maye butter, and Lett itt Stand Soe three or foure dayes, then Sett itt on the fiar, and Lett itt boyle Softly, after Straine it through a cloth and keepe itt for y^t use

For the Fallinge of the Mother

Take one good handfull of pomgranett flowers, or Seedes, as mutch of cypress nutts, and boyle them in three pintes of faire water, untill itt be butt a quarte, and being uery warme wett a Lock of white woole in itt and bath the place, two or three times, or more in a daye

A Soueraigne Salue for any Itch

Take woorwoode, and reddrose leaues, dryed camomyll flowers, and harts horne, of each an handfull, boyle, these with halfe an ounce of cloues, bruised in halfe a pinte of Sack, and a quarter of a pinte of Sallett oyle, and Lett them boyle to the consuming of the wine

For a Swellinge in the Leggs

Take a good quantity of white mosse of an oake, boyle it till it be tender, then Squease the water from it, and applye itt to the place uery warme

For a Theife or a Fellon

Take of rew a good handfull, and more, boyle itt in as mutch water as will make itt Soft, or tender then thicken itt with oatemeale, crums of bread, when itt is boyled take itt off the fiar, and putt thereto two Spoonefulls of fresh grease, and applie itt warme

Another medecine for the Same

Role houndstongue in a paper, and rost itt in the embers, as itt weare a roote, and applie to the fellon Somwhat warme, renew this once in 12 or 24 houres, and itt will either aswage or breake itt after itt is broaken you maye dress itt with any ordinary Salue

An aproued good medecine to alter, and driue away an Ague

Take of roach Allom the quantity of a wallnutt, as mutch of bay salt, beate them Small and mingle them to geather then take of the inner greene barke, the outside Scraped awaye of a wall nutt tree, Soe mutch as the Allome and Salt to geather, Scrape itt thinn and Small and mix all well to geather, and applie itt to both the wrists, two howres before the fitt cometh

A Sufficient medecine for a Fellon

Take an egg, and putt out all the white, the yeallow only remaining, in the Shell, then take the young leaues of mallowes, and mince them uery Small, and putt them to the egg with the crums of Leauened bread, and make itt thick, and Laye on the fellon, and a plantin Leaue uppon itt, and itt will both ripen itt, and drawe out the core, and when that is done take another egg and putt out the white and putt to the yeolke a Little honey and thicken itt with fine flower, and applie itt as a Salue, and itt will Skin itt, this hath beene aproued, and itt is good for itt, and will in Like manner cure and if itt be applied to a whitelowe or a boyle

A Very good Searecloth, for all maner of heate, for any burning or Scalding, or to aswage the heate aboute, any Sore

Take of deares suit, of maye butter, capons grease, of oyle of roses, honey, wax, Allom, and redd rose water, of all these a pretty quantity, acording to discretion, add to all these a quantity of the Juice of howslick, then Sett them on the fiar, and Lett them boyle to geather, a quarter of an howre or better, then Straine itt, through a cleane cloth, and after dypp ye clothes in itt, and Smooth them well with ye hands a gainst the fiar, and when itt is cold, folde them up, and keepe itt well for ye use, one Searecloth, will Searue foure dayes, if you wipe itt cleane, euery dressing, and Laye the other side to the Sore, or place greeued

A Spetiall good Seerecloth double, to Skinn and Heale

Take halfe a pound of deare Suitt, as mutch of maye butter, and a quarter of a pound of wax, when this are well moulten, putt to it halfe a pound of Lapis calaminaris, beaten and Searsed, when itt

hath

A Salue for the Goute, or any other Ache

Take three pintes of the best whitewine, that can be gotten, and Sett it on the fiar in a Skillett, then take halfe a pound of rozin, finely beaten, and Searsed, two ounces of yeallow wax, two ounces of deares Suitt, and putt all into the wine on the fiar, and when they be all melted, then putt in one ounce of olibanum, finely Searsed, one ounce of mastick finely Searsed, two drams of camfeere - two ounces of Venice turpentine, and Lett all these boyle, Some three or foure walmes, allwayes Stirring itt, then take itt off the fiar, and Stirr it Some Little while, then Lett itt Stand till it be colde, and all the Salue will gather downe to the bottome, then take the purest Sallett oyle you can gett, and rubb all ye handes ouer, and take Some of the Salue, and beate it upp betweene ye handes, till you haue beaten out all the wine, then Lett there be Some cleane papers rubbed ouer with oyle, and Soe worke ye Salue into roles, and after that Sorte use all the rest, itt must be Spreade uppon thinn white Leather and when it is Spread, you must prick itt full of holes with a knife, and Soe aplye itt to the place where any ache is, the Salue must be kept allwayes in oyled papers, and Soe you maye keepe itt a Long time

An aproued good Water for any new or old Sore

Take a quart of Strong Ale, or for want there off take beare, and Sett it on the fiar, and Scumm it, and putt in as mutch Allome, as a crabb, and three or foure Spoonefulls of honey, and Lett itt boyle to geather a good while, then Scum itt and putt in a quarter of a pound of madder and breake the clotts, and Stirr it well Still, till it be boyled to a Syrupe, Soe Straine it, and putt it into a Stone pott, or bottle, and when it is cold, Stopp it close, warme a little there of in a Sawcer, as you use itt

The making of Treate

Take an ounce of Frankenscence, two ounces of deares Suit, foure ounces of wax, 8 ounces of rozin, melt ye Suit wax, and rozin, to geather uppon, the fiar, and when it is well melted beate ye frankensence, and putt to it, and Lett all melt to geather, then power it out when the heate is a Little past, putt it into a boule of faire water, keeping the Scumm back with a whinge, and power itt Softly, that if there be any dross, in the bottom, it maye Staye behind, then work it well in the water one howre att the Least, and Soe make itt upp in roles, and for any Sore Spreade it on a cloth, and if there be occasion to tent a Sore, make tents of the treate, Soe Spread dipping them in the water afore written, and Laye a playsster of treate, ouer the tent, and if itt be a deepe Sore, - wash itt with the Same water, and dipp Lint, and putt it into the Sore, and Laye a plaister of the treat uppon it, pricked full of holes, euery other daye will be Sufficient to dress itt

A Medecine for the Itch

Take butter unsalted out of the churne, and a good hand full of Sage Leaues, cutt uery Small, frye this to geather, then Straine itt into a pott, and when itt is uery cold, putt there to brimstone, beaten Small, and temper them well to geather, and therewithall annoynte the place

Another medecine for an Itch

Take a pinte of white wine, and three Spoonefulls of the powder of bayeberries, one Spoonefull of the powder of ginger, Lett this boyle in a earthen pipkin for a quarter of an howre, with a soft fiar, then putt in two Spoonefulls of brimstone finely beaten, and a little peece of Sweet butter, then Lett itt boyle againe a little Softly, and Soe take itt off, and annoynte, with itt warme

For any Swelling

Take a good many of mallows, and boyle them in faire water, when they are tender, wring the water out of them, and putt there to a quantity of creame if itt be a pinte, add the yeolke of three eggs, if half a pinte two yeolkes will Searue, then putt there to Sum crums of white breade and Stirr all well to geather, and applye it Like a pultes to the place Swolen

A medecine for an olde Sore

Take of plantin, woodbine leaues, and ground Ivy, of each one hand full, putt them picked cleane into a pottle of white wine, and Lett it Seeth till halfe be consumed, then putt in a little, white copperiss, and warme it and wash the Sore

To cleanse and heale all maner of greene Wounds

Take uenice Turpentine, wash itt well with redd rose water, and when the water is cleane taken a waye, putt to itt the yeolke of an egg, and a very Little Saffron, and the weight of two grain of redd mercury presipitate, Spreade this on a plaister, then take mell rosarum, and oyle of roses, and dipp ye Lint in that, and applye it to the wound, and after Laye ye other playster on that and Soe dress itt upp

A Medecine for Gunshott

First if you can by any meanes gett oute the Shott, but whether you can or noe dress it in this maner, take a pinte of Venice turpentine, as mutch of oyle of Lynseede, a quarter of an ounce of verdigrease, beaten into fine powder, Lett this boyle to geather one walme, then Straine them and putt it upp close, use itt thus, warme itt and dipp ye Lint in itt and Soe applye itt to the wounde and besides power Some of itt warme into the Wounde

An aproued medecine for the Scyatica

Take two good handfulls of Spanish horriganum, and as mutch of damaske roseleaues dryed, and three or foure ounces of white tartar, comonly caled wine Stone, putt the roseleaues with the horriganum into a greate pewter platter, mingle them well to geather, wetting itt with Stronge malmesey, then Strowe the tartar, being first beaten Small in a morter, and made into fine powder upon itt, and Still with ye hand, mingle and Stirr it all to geather, Soe as the powder of the tartar maye hold uppon the horriganum, and rose leaues, for otherwise being heauy itt will Sink down to the bottome of the platter, and not Stick on the Stuff, thus this being well incorporated, togeather you must haue two Linnen baggs, of the Lenght of a Span, and not Soe broade, then deuide the Stuff into two partes, and putt either parte into the Seuerall baggs, which done you must close and quilt the baggs Soe as the Stuff maye not runn oute, nor to geather, butt remayne Like a quilt well Stiched, then you must haue, a new earthen pott, with a couer well Leaded or glased, conteyning about three pottles, putt into this pott a gallon of Strong malmsey, not Sweet and Artificiall, butt pure and right, or for want of Sutch as mutch Strong sack, add thereto a pinte of good aquauite, then couering itt close, Sett itt on a fiar of coels, Soe that in any case itt haue noe flame, and when youre pott doe begin to Seeth, putt ye two quilts in to the pott, and Lett itt Seeth to geather, till a quarter of it be consumed, and applye it as followeth, Lett the patient keepe before a fiar, and with ye warm hand Stroake the patient, from the upper parte of the huckle bone downeward, rubbing it in the Same manner, Still downward, a good Space, when it is Soe well rubbed drye, then take of the Liquor in the pott, as warme as the patient maye Suffer itt, and with the Same rubb itt Still downewardes a good while before the fiar, that done take forth one of the quilted baggs, and wringe the Same betwixt two trenchers, as drye as you cann, and Laye itt plaine on the Huckle bone as warme as the patient can Suffer itt, and tye halfe a Sheet aboute the patient, Soe as the bagg maye remayne where it was Layd, and when that bagg begineth to be cold, take itt a waye, and Laye on the other in the Same manner, remouing itt allsoe when it begineth to be colde, then Lett the patient rest him an howre in the bedd warme, and well couered, continue this the Space of Seauen dayes, twice euery daye mornings and euenings, itt is good to make a good quantity of of the Stuff, att the first, for that if you Should make more to the baggs it will not be Soe good as the first, and allwayes in warming of the Same take heede that noe flame of the fiar touch it butt uppon hott embers and well couered

A Speciall aproued Water for a Fistula Gray

First note what matter issueth out, if the matter be white, it is in the flesh, if it be Like Ly it is in the bone, if redd itt is in the Veine, the party that taketh it in hand must be Sure to try itt, to the bottome, and to mundifie it with woodbine, and plantaine water mingled to geather, with a Little honey, then take a quarte of Stronge Ale, putt thereto a penny worth of Allome, a roote of the garden blue flower deluce, washed pict and Sliced, of Sage, and wood bine Leaues a Like quantity, as you maye gess with ye hand, and a Little Selfe heale, putt all to the Ale and Lett itt Seeth or cymber Soft ly, uppon ashes or embers, halfe an howre, then putt it into a beare pott close Stopped, when you will use itt Stirr itt well, and putt Soe mutch as you need into a Sauzer, Sett it on hott coales, and euer Seething, take a Linnen cloth wash and poose the Sore, that Soe itt maye pearce, putt in a tent, and couer the Sore with the Same hott Linnen cloth, dipped in the water and as itt healeth Shorten the tent

A Ponder for a Wounde or old Sore that bleedeth mutch

Take the Longe woormes of the earth, and putt them into a payle, with hearbes to Scowre them Selues, then putt them into an earthen uessell, or platter, and Sett them in the ouen, after bread is to drye, and when they be Sufficiently dryed, then beate them into Small powder, and put there to the Like quantity of Veruen Leaues, and Soe mutch of powder of bolearmoniack, then mingle them well to geather, and keepe it for ye use, the best tyme to make it is in maye or June

A Medecine to Stanch the Bleeding of a greene wound, and will heale itt

Take of the greene mosse that growe th, uppon a greene hasell and Laye it thick on the wounde when it is newe hurte, and Soe Lett it Lye the Space of 24 howres, and then dress itt with Salue if occasion

A Medecine good to eate oute Dead flesh, out of any wound

Take of white Allome, and Laye itt on a hott fiar Shouell, and Sett it on the coales, and Soe Lett it boyle Soe Longe as it doth rise uppon bubles, when it is boyled enough itt will Stand Still uppon a heate and Looke white then when it is cold take itt off the fier Shouell, and make it in uery Small powder and Soe dress the Sore there with

A Salue to heale any old Sore, and is good for the Spleene

Take a quarte of Stronge Strong Ale and boyle it untill it doe come to a thick Salue, then applye it to the Sore, as you would doe other Salue, and for the Syatica put there to grose pepper, and Spreade itt uppon Leather, and Laye it to the place greeued, and Lett itt Lye untill itt doe fall off

A Medecine, to bring a greene wound that gapeth to geather, and to cause it matter

Take a peece of fresh beefe, of an inch thick, and broyle it uppon a gridiron, and turne it untill it be through hott, then Slitt it in the middst, Some what more then halfe then halfe through, and Soe Laye itt a broade with the inside, uppon the wounde, and Lett itt Lye 24 howres and it will bring the wound to geather, and cause matter, then dress it with Salue, as you Shall See ocasion

A Water or Drinke to Alter or Driue away a Feauer or Ague

Take three or foure of the rootes of burres, wash them cleane, and Slitt them, and cast them into three pintes of good beare, putting unto them one handfull of featherfoy, and Lett them boyle to geather with a quarter of a handfull of camomyl, as mutch of mouseare, and as mutch of bugs horne, other hearbe Ivy, growing flatt to the grounde Like a Starr, wash all the hearbes well, and Lett them Soe boyle to geather, untill the one halfe there of be consumed, and then put into it one Spoonefull of grose pepper, and Lett it boyle a Little after, then Saue it in a pott, couering it close, and keepe it for ye use, and one hower before the fitt cometh, take one Large draught there off as hott as you can drinke itt and couer ye Selfe uery warme, and Sweate uppon it, use this three Seauerall times and itt will with the healp of God driue away ye Ague from you

A Medecine for the Syatica

Putt to a pound of wax, the Iuice of Mariorum, red Sage of each Six spoonefulls, of the Iuice of onions two Spoonefulls, of franckensence, nuttmegs, cloues, mace, and Annisseeds of each a penyworth and applye itt uppon Leather

A Medecine for a Straine or bruise

Take of the Softest new cowe dounge, putt thereto two penyworth of fresh butter, halfe a pinte of milke, foure ounces of oyle of roses, or Sallett oyle, Sett these ouer a Soft fiar a good while and Stirr them well, there will be aboute the Sides an oyle where with, first annoynte the place greeued, then applye a plaister of the other uery hott

A Medecine for a Burning or Scalding

Take a good quantity of ground Ivy, Stampe it well then Lett it boyle, in a Sufficient quantity of deares Suit, ouer a Soft fiar, untill it Looke black, then Straine it and keepe itt in a cake as Long as you will, and when you will use itt, melt a Little in a Sawcer, and with a feather, annoynte itt

A Medecine for a Wound in the Heade

Take a quantity of Aqua uite, and putt into itt Suger, and there with all, througly wash the wound and Stopp itt upp with Linte dipped therein, dress itt thus once in twenty foure howres

Continually, then putt thereto Soe many of the crumms of Leauered breade, as will make it of a Sufficient thicknes, for a plaister, then Spreade it Som what thick uppon a cloth, and Soe Laye it uppon the place, noe hotter then you can well Suffer it and Soe Lett it Lye 24 howres dress it thus as often as you Shall See cause, and when it doth Looke uery redd, and is Soft with all in Some one place, Then take a Shell Snaile and Stamp it, and Spreade it thick uppon a cloth and Laye it where the Soft place is, then couer it ouer with ye plaister as before, and in 24 howrs it will breake it, then tent it and dress itt with Salue untill it be well

A Medecine for a Fellon

Take halfe a handfull of groundsill, halfe a handfull of bayeSalt, and a Spoonefull of Soote, Stampe, all this to geather, uery Small, putt thereto the yeolke of a neue Layde egg, and the Like quantity of barrelled Soape, Stirr all this well to geather, and temper it with Soe mutch Leauen as will Searue to make it Like a Soft Salue, then dress the fellon therewith once a daye, and it will ripen breake and heale itt

Another Spetiall good Medecine for the Same

Take of rozin the quantity of a greate hasell nutt, putt it into a oyster shell, and Sett it uppon the embars untill it doe boyle, then take a new Layd egg, and put the white cleane oute of it, and Stir the yeolke well to geather in the Shell, then power it into ye rozin, as itt doth boyle, by a Little att a time, and as you doe putt it in, Stirr with a knife untill it doe clutter aboute ye knife, then Laye itt with Speede uppon a cloth, and Soe clapp itt on the fellon, as it cometh boyling from the fiar, for unless it be Layde on Soe hott it will not cleaue to itt, and then you must dress itt againe, for itt will doe noe good, unless it doe cleaue, Lett it Lye 24 howres, and then dress it again, twice dressing will breake itt, and then dress itt with Some good drawing Salue till itt be whole

A Water good to wash any Festred Sore or Cankar

Take of woodbine Leaues, of houselick, and of Sage, of each of these, three great handfulls and boyle them all to geather, in running water, untill the water be uery Strong of the hearbs, and doe Looke, ueary yellow, then Straine it and boyle it againe, and when it is cleane Scummed, putt to euery quart of water, a pound of roch Allome, and of white copperisse three ounces and Soe Lett itt boyle untill the Allom and copperiss be moulted, then Scum itt cleane, and to euery quart of the water, putt a pinte of honey, and Lett it boyle on a uery Soft fiar, the Space of an howr, and as it doth boyle Scumm it cleane, then take it off the fiar, and when it is colde putt it into a uessell, that hath a tapp, and when you haue occasion to use it, drawe it out in a Sawcer, and warme it before you doe wash the Sore there with, and when you haue washed itt, then dress itt with Linte and Salue as you See occasion

Another Water for the Same Purpose

Take of egremony, of Plantin, and of bryar Leaues, of rew, and of honysuckle leaues, of each of these, three good handfulls, boyle all these to geather in running water, untill the water be uery Strong of the hearbes, and doe Looke uery yealowe, then Straine it and putt to euery quarte of water a pinte of honey, a quarter of a pound of roche Allome, and three ounces of greene copperise, then boyle the water untill, one halfe pinte, be consumed, uppon a uery Soft fiar, and Scumm itt cleane, when itt is cold, putt itt into a close uessell, that hath a tapp and Soe drawe itt oute into a Sawcer as you haue occasion, to use it, warming itt, and then wash the Sore therewith with a Linnen cloth, butt if it be for a uery old Sore, then boyle ye hearbes, in the water of a tanpitt insteed of the running water

A Water for a Sore that Bleedeth

Take a quarte of running water, and when it doth boyle putt thereto, two ounces of roch Allome, as muth of white copperise, and foure ounces of the powder of bolearmoniack, being finely beaten and Lett itt boyle untill these things, be cleane dissolued, then Scumm it cleane and putt thereto halfe a pinte of honey, and Soe Lett itt boyle with, a Soft fiar, untill halfe a pinte be consumed, and as it boyleth Scumm itt cleane, then take it off the fiar, and when it is cold putt it upp in a uessell with a tapp, and use itt as the other waters, this water, being thus kept, and used will continue good all the yeare

Like an oyntment, anoynte the Sore therewith 3 times a daye, and it will heale it, fresh butter without Salt, is uery good, for the Same greise, annoynting the Sore there with, you Shall See the dissease by this, itt riseth Like a blister, but is harde in the topp and the oftner you doe Lett out the water, the broader it will goe, and will growe in the end to a greate Sore, itt maye be healed as afore Saide -

A Medecine for Leggs, that are Swollen, wth the Drobsie, and change not Coulor

Make a uery Strong bryne of baye Salt, then Seeth it and Scumm it cleane, putt thereto three or foure handfulls of water creases, and two or three handfulls of wheaten brann, and Soe Lett them boyle togeather, a good Space, then take two peeces of white cotten fitt to come aboute ye Leggs, and wett them in the Liquor, and Lett them Lye all night, and untill the next night, Lett them be as hott as you can Suffer them, and as they coole wett them againe in the Liquor, thus doe 4 or 5 times, and then wringe ye clothes uery drye, and Soe make them fast aboute ye Leggs as hott as you can, and Lett them Lye all night, and untill the next night, and then dress them in the Same Sorte againe, this doe, and in 7 or 8 dayes it will healp you - - - - - - - - - -

A Medecine for a Tetter that Waters - - - - -

Take the Juice of Sallendine and annoynte it there with, 4 or 5 times a daye, and an hollow thing uppon it, to keepe that the clothes, touch it not, and in shorte time itt will heale it allso the Juice of bryanyberries, that groweth uppon hedges Like a wyld hopp, being imployed as the other will heale itt, and for a drye Tetter, Mustuard, or Inck will kill and heale itt - - -

A Medecine for an Itch, that hath beene of Longe continueance

Take Six gallons of new beare, put it into a close Vessell, add thereto a quarter of a pound of madder, and Stirr them well togeather, and Soe Lett itt Stand 7 or 8 dayes, untill itt be Stale then Lett the party drinke there of euery morning, and euening, and in the afternoone, and withall Lett the party, euery morning Sitt naked, before a good fiar, and Lett him be rubbed with course canuas rubbers, all ouer his body, and Soe the heate of the fiar, and the rubbing will make the itch to come oute, then take a Smooth flatt Stick, and annoynte the boddy uery thinn ouer with tarr being moulten, with fresh grease or Sheepes tallow, being tryed, and Lett him not putt on his clothes, till it be drye, this doe for the Space of twelue dayes, and itt will healp - - -

A Medecine for Stinginge of an Adder - - - - -

Take a cocke and cleaue him in the midste, Soe Soone as he is killed, the feathers being uppon him and Laye him to the place, gutts and all, before he be could, and Soe Lett him Lye 7 or 8 dayes howers, and then Laye another, in the Same Sorte, and itt will healpe, and with all giue the partye treacle to drinke to keepe the poyson from the harte -

Another Medecine for the Same - - - - -

Take mustard seede and bruise it in a woodendish, with dragons water, then opening the wounde with a fine needle, first binding the patient aboute the place where he is hurte, for Swelling any further bath the wounde and all aboute, as farr as it is Swelled, with the dragon water, and then Lay the medecine on the wounde, binding itt on with a faire cloth, and when you dress itt againe a noynte it with oyle of roses, giuing the party triacle, and dragon water to drinke, when you dress itt first - - - -

A Medecine for the pricking of a Thorne, and to drawe it oute - - -

If you can drawe oute the thorne, then Laye barrelled Soape to the place, and it will drawe out the uenome and heale it, but if you cannot gett out the thorne, then take the kernells of hasell nutts, and chew them in ye mouth uery Small Like dough, and Soe Laye it uppon the place, and holde it uppon with ye hand untill it doth cleaue to the place, then bind a cloth uppon it, and Soe Lett it Lye untill it doe fall off it Selfe, the which will not be, untill it doe bring out the thorne and healed itt - - - - - - - - -

A Medecine for an Ancome - - - - -

Take a handfull of rew, as mutch of Sage, and the Like quantity of groundsell chopp all these togeather, and boyle them in the grounds of Ale, and put thereto, halfe a pound of Sheepes tallowe, being Shredd uery Small and Soe Lett them boyle, the Space of an howre, Stirring itt continually

of the hearbes, Laye ye bricks, note that this must be done in a tubb, the patients Leggs, being Sett uppon the hearbes, where he must Sweate an howre, then wipe the Leggs and Lapp them upp warme, and Laye the patient, to reast quiettlie, on his bedd, the Space of two howres

A Pultiss for a Legg that is Swollen, and is harde and cold And where of there is noe Skinn broaken

Take the tops of wallwoorte, and cammomill, of each foure greate handfulls, Shred them a little and putt thereto: 4: greate handfulls of redd rose leaues, boyle all these togeather in faire water untill they be uery tendar, then put there in a good dishfull of cowe dounge, that is newe made, and Soe Lett it boyle, untill it be Soe thick that you maye Spreade itt uppon a cloth and Soe Laye it warme to the patients Leggs, and change it once in 24 howrs, and in 5 times dressing it will help them

A Salue to cure the bighting of a Dogg, a Hegge, a Horse or Mann

Take of rugwoort, otherwise called Fennell woorte, or carpenters woorte, it groweth in the fieldes, and beareth a yellow flower, on the topp, Some what Like to tansey, growing high, and hath a ragged Leafe, take a greate quantity of the Leaues thereoff, chopp them uery Small, then temper it with a pound of fresh butter, and make it Like dough, then Stampe them well togeather and when you haue thus done, boyle it in a Skillett, untill it doe Looke uearie greene, then Straine itt into a uessell, and keepe itt for ye use, and when you doe use it, take of drawne Linte, according to the wounde, and Lapp it thick in the Salue, and Laye the Salue uery thick uppon the playster dress it thus, once in twenty foure howres, and it will heale it in uery Short time

A Soueraigne good medecine for a Legg that is Poysoned or Venomed either, with Salue, water or otherwise

Take Small oatmeale and temper it with fresh buter untill it be Like dough, then make it into uery thinn cakes betwixt ye fingers and thombe, and Soe Laye them uppon ye Legg, one close to another, Soe farr as the uenominge, goeth, and if there be a Sore, then Laye them ouer the Sore, on high uppon the playster, and Shift them once in 24 howres, and in Short time it will help you

A Medecine, to kill a wilde fier or any other inflamation that Cometh of a Sore or otherwise, it will heale, any burne or Scald being taken in time, and used as Followeth

Take of Alehoofe the Leafe, and Stalkes, Soe mutch, as is tender of itt, and chopp them uearySmall then Stampe them with uery thick creame, putting thereto Soe mutch creame, as ye hearbes will make to Looke uery greene, then Straine it, and with a feather anoynte, the greeued place, therewith 4 or 5 times the daye, for the Space of two or three dayes, att the first, and after, three or foure times a daye will Searue, you must Laye a good quantity on att a time, and Lett it drye uppon Laying the new Still: on high uppon the old, and in the end it will grow to a thick crust, and the thicker it doe crust the better, doe this as you Shall See cause, and itt will kill the wild fiar, coole any inflamation, and is good for any burne or Scalde, being taken in time, you Shall know the wilde fier by this, itt will fall Suddently in any parte of the body, with Swelling, and burning, and will Looke redd for a daye or two. att the first, and then it will change to purple, and will blister and water, it doth fall most commonly in the Leggs, and it doth happen oftentimes where there is noe hurte nor Skinn broken

A Medecine for the Shingles

Take the bloode of a catt, or of a Pigeon, and annoynte the place therewith, and after you haue killed the dissease heare with, then dress it with the oyntment going next before, and it will be whole and Skin itt

A Medecine for a Dissease, called the Floxe.

Take of the yellowest dock rootes, being pithed two greate handfulls, and three or foure greate nettle rootes, being cleane washed, putt these into a quantity of faire water, and Soe Lett them Seeth to geather, untill the dock rootes be uery tendar, then take upp ye rootes, and Lett the water runne cleane from them, then Stampe them uery Small, and Straine them, the Juice there off will be

Like

A Salue to heale and Skinn a Sore, that is full of water and runeth mut

Take of rozin a quarter of a pounde, Soe mutch of wax, halfe Soe mutch of Sheepes tallow or deeres Sewitt melt all these togeather, and put thereto of oyntment made of St Johns worte, or of the oyle, the quantity of a quarter of a pound or more, and one Spoonfull of turpentine, mingle them well to geather, and Straine them into a uessell, with water and make it in a cake, and use it as neede Shall require

A Salue for all Sores, and must be made in Maye

Take a pound of wax, as mutch of rozin, as mutch of Sheepes tallow, well tryed, a greate han full of Sage, Soe mutch of dockleaues, Soe mutch of Smallage, two handfulls of woodbineleaues. one handfull of ualerion, as mutch of plantin, chopp all these hearbes, and when the wax ro zin are melted and the tallow, uppon a soft fiar, putt into them ye hearbes, and Lett them Soe Soake, uppon the embars, the Space of one howre, then boyle them on a Soft fiar, untill the Sa lue Looke greene, then Straine it into a uessell of water, and make it upp in roles, working it well, and Soe use it as neede Shall require

A Salue called, Gratia Dei

Take halfe a pound of rozin, Soe mutch of Sheeps tallow, Lett them uppon the fiar, with a quart of faire water, and when it is melted, put into it of barrell Sope, halfe a quarter of a pound, then Lett it boyle well, the Space of halfe a quarter of an howre, and Straine it into a uessell, of coole water, Letting it Stand one daye and one night, then worke it upp in roles, and if you will haue the flesh to growe in the wounde, boyle in it three good handfulls of Alehookes or Alehooues chopped, and Stamped, and boyle it till it Looke greene, the Sope must be put in after the hearbes

A Medecine to heale any grene wounde, hauing noe bone perished It is good Likewise to Staunch the blood, and to knit the Sinnews

Take the Longe redd woormes, of the earth, commonly called knott woormes Stamp them, and Spread them uery thick uppon a cloth, and Soe Laye them to the wounde, note that Soe Longe as it cleaueth you must not take it off, but if it falleth off, then you must applye more of them to the wounde thus if you take it in time, you maye heale it 8 or 9 dayes

A Pultes for a Legg that is Swollen

Take two handfulls of brookelyme, as mutch of mallowes, the like quantity of Violett Leaues, Spread all these to geather, and boyle them in a pinte of water, and as mutch of milke, putt there to a quar ter of a pound of Sheepes tallow, Lett them boyle halfe an howre to geather, then put into it one handfull of redd rose leaues, and as mutch oate meale well bruised, then it must seeth till it be uery thick, then Spread it uppon a cloth, and Soe applye it to the Leggs, the wounde being Still co uered with a playster, it must not be remoued, untill it hath Lien 24 howres

A Pultis for one that hath wrenched his Legg

Take a good quantity of Smallage, brookelime, and camomyll, chopp them to geather, and boyle them in Urine and water, with a good quantity of Sheepes tallow, untill they be uery thick, then put in a little wheaten brann, and Stirr them to geather, Spreade it uppon a cloth, and applye it to place which is hurte

A Bath for a Legg, that is Swollen with Could

Take a good handfull of rosemary and as mutch of Sage, the like quantyty of thyme, and as mutch of Isope, and as mutch of plantin, as of all the rest, boyle all these to geather in running water halfe an howre, then powre them into aboule, and into the bath you must putt a wooden dish with the bottome, upwards, in Sutch Sorte as the patients heele, maye rest uppon it, without tou ching the water, then must a Sheete, and a warme cloth be cast ouer, the Legg, to keepe in the Steeme, and Soe must he Sweate, an howre, then must the Legg be wiped with warme clothes and Lapped upp uery warme, and after Lett the patient Lye on his bedd 2 or 3 howres

A Bath for the Dropsie in the Leggs

Take two bricks and heate them in the fiar redd hott, then quench them in water, and take wallworte, otherwise called danes worte, or ground elder, and ouer a good quantity of

Salues ... Searecloths ... Medicines

A Searecloth good for all Aches, and bruises it being applied Presently, upon the hurte, it is good for any greene wounde or old Sore, Saving The Pockes

Take one pounde of the best roszin caled Peare roszin, as mutch of franckencence, of olibanum two ounces, of yellow wax a quarter of a pounde, of mastick two ounces, of Sage Senett a quarter of a pound, beate ye roszin, frankensence, and gumms into fine ponder, boyle them together in a gallon of white wine, on a soft fiar, untill they be all moulten, then take it from the fiar, and putt into itt three quarters of a pound, of unwasht turpentine, Stirr them all together well, then Straine itt through, a course thinn canuas, into an earthen pann, Letting it Stand two dayes, then cutt it in peeces, the Lenght of halfe ye hand, and the breadth of two fingers, worke these peeces, drawing them in Lenght, till you think they be well mixed, then Laye the peeces againe in the wine, wherein they were Sodden, and use them thus three dayes together, then make them in roles, betwixt ye handes, annoynting ye handes with butter and Soe keepe them for ye use, and when you will use itt Spreade this uppon tawed Sheepes skinns, uppon the flesh Side, and applye itt till itt fall off, and for a wounde Spread itt uppon cloth, and dress not the wounde after

A Searecloth for the Spleene, of Stich or winde in the boody good allsoe to Staunch bleeding

Take greeke pitch melt it in an earthen pott, and putt noe Liquor or other thing to it, when it is throughly melted, then with a flatt Smooth Stick Spreade it uppon Leather, and applyit to Stopp bleeding, Laye the playster, uppon the reignes of the back, and betweene the Shoulders up to the necke, and for the Spleene Laye itt on the Left Side

A Salue to heale a Canker Sore

Take three good handfulls of matfellon, Soe mutch of Scabious, the Like quantity of Selfheale, of plantin Soe mutch, of weybreade otherwise ribwoorte Soe mutch, chopp all these togeather Stampe them together with butter oute of a chourne, not Sallted nor washed, Soe as you maye make itt upp in greate balls, then Laye them for the Space of 12 dayes in a Low Seller where they maye rott, then boyle them, and when you See it Looke uery greene, Straine it and putt itt into a earthen pott, and keepe itt for ye use, and when there is occasion to use it, take Soe mutch Lint which must be drawne, and not Scraped, and make it Soe broade as maye couer the the Sore, and fill the wounde, Spreade itt uery thick with the aforesaide Salue, and Laye itt on the Sore, dressing it once in 24 howres, and euery 9th daye you must take fresh cheese curdes wring out the whaye, and Laye them to the Sore, without the plaister, for the Space of one one howre, and plucke itt awaye Suddently, and it will drawe, woormes out of itt, then dress it againe with ye Salue till itt be whole

A Salue to cure, euery old Sore, and to take out broken bones

Take three handfulls of Sage, the like quantity of ruew, chopp them Small, then take three Small Slices of yellow rustiffe bacon, the Slices, Soe Long, as a mans hand, Spread the bacon uery Small by it Selfe, and shredd, the hearbes allsoe by them Selues, then putt them together, and Stampe them till it come to a uery fine Salue, then putt to it the yeolkes of four new Layd eggs, and aboute foure Spoonefulls of wheate flower, and Soe mutch honey as maye make it Some what thinn, and Stirr it well together, and putt it upp in a uessel to keepe for ye use, and when you will use itt, take Soe mutch Lint drawne, and not Scraped and make there of playsters, to couer the Sore, and Spread it and applye it as before, shifting it once in 24 howers, the best time to make this is in the month of maye for all the yeare

A Drawing and healing Salue for any Sore

Take halfe a pound of wax, as mutch of Sheepes tallow, finely tryed, Soe mutch of rozin, melt all these together, in a uessell, and when they are moulten, putt into them, of hoggs grease or clarified butter, without Salt, the quantity of a greate apple, then take it from the fiar, and putt there to two ounces of common turpentine, then Straine it into a uessell with cold water, and make it into a cake, and Soe keepe it for ye use, if the Sore be uery old, put into this Salue Soe mutch pitch as a great wall nutt

Elder Balsam

Take 3 Gallons of Elder Berry Juice (Prepared as for Jelly) Boyle it to a quart in this Manner. Set a quart on the fire & when half a pint is boyl'd away put to it a quarter of a pint more & so do till the whole 3 gallons be Boyl'd to a quart.

Syrup of Strawberries

Search 2 ℔. of fine Sugar, a lay of Sugar & a lay of Strawberries into an earthen pot, till all be in, The Sugar must be at on the Top & Bottom. Let it Stand 24 hours, then Stir it twice a Day for 5 or 6 days together. Then run it through a fine Tiffine or Lawn, but do not Squeeze it. Let ye Liquor Stand 2 days, Then take off ye Scum, & put ye Syrup into glass bottles not to be close Stopp'd.

Syrup of Currans

Take a large quantity of Currans, & Strip them from the Stalks, & ye the Back of a Spoon or Ladle mash 'em. Then let the clear run through a Sieve, put it into a Stone Jug, cover it wth paper, Set it in a Cellar for 2 days, and it will be thick on ye top like a Jelly, Take ye off, & let ye Rest Run thro' a Jelly: Bag; to every quart of this clear Juice put a pound of Double Refin'd Sugar, But for ordinary use Single will Serve, when it is melted let it boyl a quarter of an hour, Skum it & when it is Cold Bottle it.

next daye Lett it Just boyle to Skimm it, and Soe putt it upp when it is colde, you maye keepe the flowers for Salletts, if you putt in Som white wine uineger to them, while they are warme, but then you must not Straine them to hard, you must couer the picker close when you putt them to Steeve, in the kettle of water, this is a good waye to make Syrupe of roses - - - -

To make Syrupe of Violetts - - - - -

Take bleue Single Viletts, pick them fift the Seedes cleane out, pound them Small in a Stone morter,, take two pound of good Loafe Sugar beaten fine, putt Soe mutch water to it as will wett it, then boyle it to a thick Syrupe, then putt in more uioletts, Stirr all well togeather till it is well mingled, it must not boyle, then Straine it through a Strainer, this is for ye best Syrupe, you maye putt in Some water and Some more Sugar to ye Strained Uioletts, and boyle that and it will be good Syrupe, enough to Spend Suddently and for glisters, there must be a pound of pickt Uioletts, to two pound of Sugar - - - - - - - - - - - - - -

To make Syrupe of Viletts - - - - -

Take a pound of Suger, and three quarters of a pinte of water, and boyle it to a Syrupe as thick as you would haue itt, then take as magny Uioletts, as you thinke will culler it well, then bruise the Uiletts and putt to the Syrupe, as Soone as it comes from the fiar, then Straine it but doe not boyle the Uioletts at all -

Syrupe of Damask Roses - - - - -

Take a pottle of damaske roses water, and Sett it ouer the fiar in a cleane earthen pipkinn and putt the pipkin into a pott of water, putt into the rose water a bushell of damask roses, cleane pickt and Searfed, butt not the whites cutt off, putt in a Little peece of fine Sugar, Lett them Stand till there coullor be gon in boyling on a Soft fiar, as Soone as the coullor is gon take them out and putt in fresh, Soe shifting them Still, till the Liquor growe higher coullered, then the roses Still taking them forth, and wringing them with ye hands, or with a press, when the Liquor hath the full coullor of the roses, Straine it cleane from them, then take to euery pinte of Liquor a pound of Sugar, and boyle it to a good hight, itt will keepe two or three yeare - - - - - - -

Dyacydomum, or Jelly of Quinces - - - - - -

Take, Six pound of Suger, and dissolue itt in four pintes of pure water, take of the Scum, and clarify itt with whites of eggs, and then take: 8: pound of good ripe quinces, pare off, there utter Skin, and take out there coares, and Seedes, and deuide euery one into: 4: partes, and putt them into the water, and Suger, and boyle them till they be uery tender, then putt them and the Syrrupe togeather, into a Strainer, made of bolster cloth, and Lett the Syrrupe or Liquor runn through itt, and After wards boyle itt to the height of a gelly, adding in the end of the boyling, 4: ounces of excellent Strong white wine uinegar, and Soe take itt from the fiar, and putt itt into glasses, or gally potts, and keepe itt for ye use; Butt if you haue itt with Spices, to warme the Stomacke, then when you take itt from the fiar, whilst itt is yett hott, putt into itt these Spices, being grosely cutt, : Viz: ginger: ʃ: ℥ j: white pepper, cynamon, and nuttmeggs, of each a quarter of an ounce, and Soe box itt upp. for ye use - - Dr Moore. - - - - -

them, very small, then take rose water and sugar, and boyle it to a very thick syrupe, putt in then ye rose leaves, and Lett them haue a walme, then take it off the fiar, and when it hath stoode a while in the pann, powre it out uppon a plate, and Lett it stand till it be cold, and then cutt it informe of Lozan=ges or in what fashion you will, in this maner you maye doe Gilliflowers, or Sage, you must take to every pound of redd rose Leaues, three pound of very good sugar - - - - - - - - - - - -

A Syrupe good for any great Cold: La Sheffeild - - - - - -

Take of the distilled water of horehounde, one pinte, and add thereunto to make a syrupe three quar=ters of a pound of fine white sugar, candy, beaten very small, mix these well togeather, and Lett them uppon a quick charcoale fiar, then take some good english Liquorish, of the best tasted, cleane scraped and slyced and putt in, and Lett it boyle in the saide syrupe, the quantity of one spoonefull, and when it seemes as it weare halfe halfe boyled, take three graines of Ambergreese, reasonably well bruised and putt into the same syrrupe, and Lett them boyle togeather, butt Lett any scumm that ariseth, be taken off before, you must haue a care, that it boyle not with tomutch height, and when it is come to a Little thicknes, being cold it is sufficiently boyled, else it will be all candy and noe syrupe, while it is hott itt must be strained, through a fine cleane cloth, before it be puttupp in any glass - - - -

Ox meale good for tough Fleme and for the Woormes

Take a pinte of honey and clarifie itt with the whites of eggs, putt there to of Vinegar, and of faire water of each halfe a pinte, make it Like a syrupe -

Mell Rosarum - - - - - - -

Take a pinte of honey, and clarifie it as before, add thereto a pinte of the Juice of redd roses - and boyle it on a soft fiar -

The use of the hearbe Helliborus niger - - - - -

The right helibourus niger which is to be used for the conseruation of mans body, from all cor=ruptions, must be gathered, in may or June, and Layd to drye in some chamber or garrett out of sunn and in an east ayre, that is before windows, that stand open to the east, this hearbe being thus - throughly dryed, thus, must be brought into ponder; and then mingled with as mutch ponder of fine sugar as the weight of the ponder of the hearbes is, and soe keepe it stopped in a pott or glass as con=searues ar kept, of this composition every one daye, in the morning fasting, must be taken halfe a dramm, from the Age of 50 to the Age of: 80: unto the end of Life, once in six daye a whole dram Pro=batum - - - -

To make Syrupe of Mulberies - - - - - -

Take mulberies and putt them in a pott close couered, and putt ye pott in a kettle of boyling water soe Lett ye mulberries steepe till all the goodnes be come out, then poure ye Juice into a glass, and waie it, and ouer against, ye sugar, allow for the weight of ye glass, and soe boyle itt upp, and scumm it very cleane, till it be a thick syrupe, and then power it into a white dish, and when it is cold bottle itt for ye use, take some of this with planting water, plainly stilled, is very good for a sore throate, and when you make the syrupe of mullberries, insteed of putting ye syrupe, to the mulberries, you maye boyle ye sugar to a candy height, first before the Liquor of mulberries goe and then neuer Lett it boyle, butt stirr it, and soe power forth ye syrupe, it will keepe better then Aforesaide - - - -

Syrupe for an Impostume - - - - - -

Boyle two handfulls of Diuiles bitt rootes and all, in one quarte of whit wine, to a pinte, boyle this Liquor to a syrupe, with a pound of Loafe sugar, one nutmegg cutt in quarters, a peny worth of cin a=mon in peeces, putt into it taken off the fiar two spoonefulls of the best aquauite, take three mornings two spoonefulls fasting, fast two howres after - - - - - - - - - - - - - - - - - -

To make Syrupe of Cloue Gilly Flowers - - - - - -

Take the best cloue gilly flowers, cutt the whites from them, and to a pound of those a pound and halfe of sugar, putt them in an earthen pitcher, Laying a laine of flowers, and a laine of sugar, till all is in, then putt in a quarter of a pinte of buglas water, or you maye putt in as mutch sack insteed, putt the pitcher in a kettle of water, Lett the water boyle till the strenght of the flowers is well out which will be in 4 or 5 howres, then straine them very harde, and

next

Quarter of a handfull of borrage, halfe a handfull of buglas, a good quantity of elicompane, and Lett this Seeth, till ye water come to a pinte, then take it off and putt in the quantity of two Sticks of Liquoriss, Scraped, and Sliced, while the water is hott, and Lett it Stand all night close Stopped, in the morning drinke, Seauen Spoonefulls, and as mutch when you goe to bedd, and continue it daye by daye, and night in sutch maner till you finde ease - - - - - - - - -

The making of Conserue of redd roses - - - -

Take to one pound of redd rose Leaues, either budds, or half blowne, the whites first well cliped off, and all the Seedes finely cleaned out of them, three pound of good Sugar, and make ye Syrroupe in this Sorte, take to ye Sugar faire water only, and make it boyle, butt you must make it att the first uery thinn, putting in more water then is usuall for preseruing other fruitts when the Sugar is throughly moulten, and boyleth upp, on high, then beate two whites of eggs together, and powre them into ye pann, and Stirr it all aboute, then Lett it boyle a pretty while, till the eggs haue gathered to a thick Scumm, on the topp, then take it off the fiar and Straine ye Sirroupe, after which Lett it boyle till it come to a Syrupe, Soe thick as it will hang Like a haire when it droppeth from ye Spoone, then Lett it coole, and putt ye rose Leaues by Some and Some into a Stone morter, and beate them a Little, as it weare to make them tendar, but in any wise beate them not to mutch, and Still as you haue beaten them putt them into ye Syrupe, it being Somthing cold, that done putt the pann againe to boyle, and when you See the water cometh off, the roses is consumed, and ye Syrupe, doth begin againe, to be Somthing thick, then fill ye potts and Lett them be through cold befor you close them upp, and when you Lett ye Syrup and roses to the fiar, allwayes Stirr it

A Syrupe good for a Consumtion - - - - -

Take a quarte of the Juice of burrage, and clarifie it wth the white of an egg, then put to itt a pound and halfe of Sugar, and the weight of two french crownes of bassill Seede, and Seeth itt to a thick Syrrupe, and being all most cold, Stopp it uery close, and keepe it for ye use, this may be taken in any hott burning feauor, or att any other time as you finde ocassion - - - - - -

A Syrupe uery newtritiue, and espetially Presaruatiue

Take 20 dates that be Sound and good, take out the Stones and the white rindes, and cutt awaye the Little hard Stems, that be att the endes of the dates, then wash them in Ale, and cutt them in Little Small peeces, beate them in a morter, till they be incorporated to geather, Like fine wax, and putt them into a pottle of uery good muscadell, breake them a Sunder with a Slice of wood, and Still Stirr the wine and them to geather, then take of the rootes of Allexander, and perseley of each the quantity of two dates, uery cleane washed, cutt in Small peeces, and bruised in a morter, as a Spoonefull of consearue of roses, halfe a pound of white Sugar candy, a quarter of a pound of white Sugar, of cinnamon beaten into ponder, two Spoonefulls, of gallingall Soe beaten, one Spoonfull two nutt meggs cutt in thinn Slyces, and a few Large mace, putt all these into the muscadell, and Stirr them well, and Lett them Stand close couered one houre, then boyle them in a pipkin, with a Soft fiar uery Leasurely, and Stirr itt well in boyling, and clarifie itt, in taking of the Scumm, and when a fourth parte is consymed in boyling, take it from the fiar, and being butt blood warme, putt there to a Spoonefull of the ponder of ginger, finely Searsed, and two or three Spoonfulls of rose water, Stirr them well and Lett it be Strained, and keepe it in a glass close couered, and if you would haue it Like a conserue putt to all the afore written, halfe a pound of Allmonds, blanched and beaten Small, in a morter, two Spoonefulls of wheate cleane picked, and well rubbed, and fiue or Six preserued quinces bruised, boyle this with all the rest, till they be of that thickness you Like off, and Stirr them well in boyling, Straine it and keepe it in close boxes, or a gally pott close couered, and when you will use it, take the quantity of two nutt meggs of the consearue, or a Spoonefull of the Syrupe att a time in the morning Sitting in ye bedd halfe an houre before you arise, you maye allsoe take there off, when you goe to bedd att night butt Less in quantity, and you maye use a Spoonefull of the Syrupe, in a Little thinn broath, made with mutton, or rabitts or chicken -

The making of Rose Sugar - - - - -

Take rosebudds, and clipp of all the whites of them, then take faire water and make it boyle, Laye ye rose Leaues in a cullender, and power the water uppon them, then drye them in a cloth, and Shridd

them

A Syroupe of Marshe Mallowes

Take two gallons of running water, and putt into it a handfull of plantine, and as mutch of pellitory of the wall, and as mutch of white Saxifrage, of the rootes of Asparragus, take two ounces and of marsh mallowe rootes, the pith being taken out, and of the flowers and Leaues four ounces of fennell rootes, perseley rootes, and Knee holme rootes, the pithes being taken out, of each one ounce, of Adyamthum of both kindes one ounce, of the cordiall flowers, Viz, burage, buglas and uiolett flowers one handfull, and two ounces of Liquoris, and one ounce of Annisseeds, boyle all these, till they be halfe consumed away, then power it out into a faire bason through a Strainer, and wringe oute the Strengh of the rootes, and Soe Lett it Stand till it be Settled and an houre or two after, then take the clearest of it, and to euery pinte of the Liquor, take a pound of Sugar, and boyle it to a Sirrup, there must be first putt in allsoe, Sych pease, bruised, two ounces, of the foure great cold Seedes two ounces, of the foure Lesser cold Seedes, one ounce, and this you mage keepe a whole yeare, and use of itt att ye pleasure, the foure great Seedes are this, Cowcumbers, millions, pompions, and gourds the foure Lesser cold Seedes, are Lettice, purslayne, endeeue, and Succory

The Conserue or Syrupe of Alcacangy Berries

Take of eringus rootes, faire Scraped, the pith being taken out, aboute one pound and halfe and two ounces of asparagus rootes, and a pinte of Saxafrage water, and putt them into a faire earthen pott, and Stop them close with past, and putt them into a pott of water, and Lett it boyle 12 howres, then power all out into a cullender, and Stamp it as Small as you can and rubb it through a Strainer, with a quarter of a pound of Alcacangy berries, Soe Seeth it upp with Sugar to a consearue

A Syrupe or Conserue good for the Stone

Take Secheley rootes, pilled and picked, and Laye them in water, two or three houres, boyle them in Saxifrage water, till they be uery tendar, then Straine it, and take the pulpe, to the quantity of halfe a pound, with wyld eglantine berries, cutt them and pick out all the Stones, and haires and Seeth them in Saxifrage water, and Straine it and take the pulpe to the quantity of a quarter of a pound, take winter cherries otherwise called alcacangy Straine it and take a quarter of a pound of the pulpe, take of poom cittrons two ounces, being boyled, to take away the bitternes, mince it Small, and beate it in a morter, and Soe mixe all these afore Saide things together, and boyle them on a chafing dish of coales, with a pound of Sugar, till it be as thick as a consearue, or as thinn as marmalett, Soe putt it in boxes, and use them fasting twice or thrice a weeke as you finde ye greige, this is to me made only about All hallon tide

A Syrupe to restore Nature

Take the Juice of Lemmons, borrage water, or the Juice of borrage, three or foure Leaues of fine gold, or more, according to the quantity of the receit, cutt uery Small, putt there in one nutt megg grose, and Sugar candy then Lett it boyle in a small Siluer or earthen uessell, till it grow thick to a Syrupe, Stirr it with a Liquoriss Stick, Scrape in Six graines of the best Amber greese butt Lett not the Amber greese boyle, add to the Same Syrrupe 4 or 5 graines of harts horne, take of this euery morning one Spoonefull, and as mutch att night, and fast Some reasonable time after, and it will be uery effectuall in opperation

A Syrupe or water, to breake any Cold, and Scowre the Pipes, it will Beesides, Strangly cleare the blood, and keepe the Lunges in good temper

Take running water and putt there in, all most a handfull of french barley, and Lett it Seeth till the water be redd, then change ye water, and Lett it Seeth againe, till it be ready to breake, then cast it out, and Lett it Seeth the third time, till it haue broken, and one quarter of an houre after, then take the water cleane from the barley, being in quantity a quarte, when you haue Soe parted them asunder, Sett the water on the fiar againe, putting to it halfe a handfull of endeeue, well washed, a quarter of a handfull of Succory, halfe a handfull of Violett Leaues a

quarter

A Syrupe of Damaske Roses, good to purge Chollar

Take one gallon of faire running water, in a pipkin with a couer, and putt thereto, soe mutch damask roses, clipped from the white, as you can thrust into the pott, when the water seetheth — take it from the fiar, and soe couering the pott, close, Lett it Stand till the next daye, then wring out the roses, and againe Sett the water uppon the fiar, till it be Scalding hott, and putt againe to it soe many like roses, as will drinke up the water, use this in this Sorte euery daye, untill the water cometh to one pinte, and an halfe, then Straine the water into a cleane pipkin and boyle it, putting thereto one pound and halfe of Sugar, Scumm itt and boyle it to a thick Syrrup then putt it into a glass, and keepe it for ye use, take for a child one Spoone full, for an elder body two or three Spoone fulls

A Syrupe of Horehound, good for the Consumption of the Lunges

Take three handfulls of horehounde, and a good quantity of mayden haire, and a fennell roote of one yeares growth, three perseley rootes, and a handfull of pennyroyall, boyle all these in a pottle of running water, but Lett ye water Seeth before you putt in ye hearbes, and then Seeth them with a Soft fiar, untill it be consumed to a pinte and a halfe, then Straine it and Lett it coole, and of the clearest of it, a pinte being taken, putt thereto, a pound of Sugar, then Lett it boyle, and cleare it of the white of an egg well beaten, with redd rose water, and Soe Scumm it cleane, and Lett itt boyle to a Syrrup, hight, then putt in two Spoone fulls of the Lunges of a fox, being dryed, you must take a Little att once of it with a Liquoris Stick as you Shall need

A Syrupe Cordiall, good for Sutch, as haue taken Thought

Take halfe a pinte of the Juice of burage, as mutch of the Juice of buglas, the Like quantity of the Juice of balme, putt all these Juices togeather, and Seeth them in a Skillett, and the greene will rise upp, thick Like a possett curde, then cleare itt with the whites of two eggs, well beten and Scumm it cleane, then putt it into a cleane bason, and Sett it on a chafing dish of coales, putt thereto halfe a pinte of red rose water, with the weight of foure pence of dryed violett flowers and the Like quantity of dryed roemary flowers, with as mutch of cowSlip flowers, being dryed as mutch allsoe of prim rose flowers, and Likewise of the cloue gilly flowers, well dryed, with the the blades of Saffron, thus Lett it boyle on the coales, untill it be consumed to a good pinte, then — Straine it through a peece of white cotten, and putt there in a pound of white Sugar, and Scumm it with the white of an egg, beaten with redd rose water, and boyle it to a Syrrup height, when it is all most boyled, take a graine of muske well mixed with two Spoone fulls of rose water, and putt it ther in, you must take a Spoone full there of att once

A Syrupe good for the Stomake, and to disgest a Surfitt

Take a quarte of clarrett wine putt it into a bason, and putt there in soe many of the Leaues of redd poppy that groweth among wheate, as maye well be Steeped there in, then Sett it on a chafing dish of coales and Laye two white flatt Sticks, ouer the bason, and take a peece of white, cotton of a Spann Long, being an inch broade att the one end, and Small att the other, hang this on the Side of the bason, Soe Soe that, the broader end, maye hange in the Liquor, and the other into a glass then whelme an other bason on high, uppon the Sticks, ouer ye Liquor, and Soe Lett it distill into ye glass, by the cloth, untill all the Liquor be dryed upp, then take the Liquor, that is Soe distilled, into the glass, and to euery pinte there of putt a pound of Sugar, and Soe boyle it Syrup hight, and when it is cold putt it into a glass for ye use

A Syrupe to open the Pipes to Comfort the Hearte and to exSpell mallancholly

Take a quart of honey, and putt it into a wide mouth glass, add there to Soe many of the flowers of rose mary, as you can moysten there in, by Stirring them well togeather, then Sett it in the Sunn 2 or 3 dayes and as the honey wasteth thin with the heate, of the Sunn, Soe Stuff it full with the flowrs, thus doe Soe Long as there, aryseth any moysture to couer ye flowers, and when ye honey, being throughly melted in the Sunn in this Sorte, will continew noe more flowers, then being uery well Stirred togeather, Sett it in the Sunn to distill togeather, the Space of foure months, and it will be Like a conserue, you must turne ye glass oftentimes, that all Sides maye take the Sunn alike, and when you haue thus done, keepe it for ye use, and when it is a quarter of a yeare old, then take there of euery morning the quantity of a wall nutt, and you shall finde the opperation, very effectuall

Syrupes

A Syrupe for the Cough of the Lunges

Take of Scabious, three good handfulls and halfe, Soe mutch of foale foote, the Like quantity of Synicle, the Like of pennyroyall, boyle all these to geather in a gallon, and halfe of Stale Ale with as oft fiar, till the one halfe be consumed, putt into it before you Seeth it, two good Sticks of Liquoriss, Scraped and bruised, and three Spoonfulls of annisseeds, Likwise bruised, then Straine it into an ear then pott, Soe Letting it Stand all night, take the next daye the clearest of it and to euery pinte and halfe, putt one pound of fine Sugar, then boyle it againe and Scum it, Letting it boyle untill it come to a Syrrup, thickness, that it maye Stand uppon ye naile when it is cold, then Lett the Sick partie take a Lycoris Stick, and pare it and Sagge it att the end, and dipp it in the aforesaide Syrup, and Soe Suck it as often as he or thee Shall please, the oftner the better

To make a Syrupe, of Lycorese, good for the Lunges, and Shortnes of Breath

Take a pound of Lycoresse cleane Scraped and bruised with a hamer, then with greate pinns or Sutch Like things, pluck it asunder Like Stringes, or threedes, into a deepe bason, then putt to it one wine pinte of Hsop water, Soe mutch of redd rose water, the Like of hore hound water, the Like of pennyroyall water, Soe Lett them Lye infused to geather twenty foure houres, often putting downe the Liquoriss, into the water, and boyle it, uppon a chafing dish, of coales, till the water be uery Strong of the Liquoriss, and consumed allmost to one halfe, then Straine it into a cleare Skillatt, and therein boyle it, putting thereto of white Sugar candy one pound, and a halfe, or want of Sugar candy you maye use barrbary Sugar, and use att ye pleasure

To make a Syrupe of Veniger, good for to coole in a hott Feauor or any other, hott Sicknes, and to breake Cholar, and grosse Fleame In the Stomake

Take one Fennell roote of one yeares groth, and foure perseley rootes of a good bignes, if they be Small rootes, take Soe many as maye equall ye fennell roote, and Soe mutch of Succory rootes, and and two great rootes of docks, the yellowest are the best, take the piths out of them all, and Seeth them in a pottle or gallon of water, add thereto one handfull of Violett Leaues, and of young mallows and endiue, of each as mutch Lett all these Seeth, till three parts of the water, be consumed, then Straine it into a cleane uessell, Letting it Settle, then take all the clearest of the water, and to euery two pintes there of, putt one pinte of the best wine uinegar, that you can gett, and one pinte and halfe of honey, then Seeth it and Scumm it, untill it come to a Syrupp, putt it into a glass and use it att ye pleasure, when you will take it, putt to Soe mutch Syrrup as you doe meane to take, Soe mutch borage or cleane water boyled, as will make it thinn to drinke, if you Like not honey in the Syrrupp take for euery pinte of honey, one pound of Sugar

A Syrupe to Coole the Stomake, and to Allaye Chollar

Take of the Juice of orringes, Six Spoonfulls, the Like quantity of the Juice of Lemmons, as mutch of the Juice of pomgranetts, if you can gett it, putt to it as mutch redd ros water as all those Juices doe amount to, and Likwise, Soe mutch faire water, as will equall the aforesaide Juices, and rose water, then measure all to geather, and to euery halfe pinte, putt a halfe pound of Sugar, finely beaten and Soe putt all to geather, and boyle it till it come to a Syrrup, then putt it into a glass and keepe it for ye use, and when you will use it, take Some borrage water, or rose water, or faire running water boyled, mingle it with Soe mutch Sugar, as you will take, Soe as you maye drinke itt

A Syrupe to Prouoke one to Sleepe

Take of white poppy Seedes, cutt rott off the ripest, foure ounces, bruise it a Little, and putt it into a pottle of raigne water, Soe Letting itt Infuse 24 hourres, then Seeth it, till more then the one halfe be consumed, Straine it into a cleane Vessell, Letting itt Settle, and to euery pinte of the clearest of itt, putt one pound of Sugar then boyle it to a Sirrup, and Scumm it cleane and then putt it into a glass, and take butt one Spoone full att a time

One dram, of the flowers of cowslips, of burrige, of red sage, of buglas, of mary golds, of elder two drams, of the flowres of rosmary, of cloue July flower four drams, of Juice of Sellandine one pinte, of the best Sack three pintes, of Strong Angellico water one pinte, of red rose water, half a pinte, bruise the Spices, and putt all these ingreedience, asteepe with Sack, ouer night to this quantity putt halfe a pound of white Sugar candy finely beaten, putt it into the bottles and lett the water drop to it, you maye haue of this three pintes of Strong water - - - - - -

A Water, for Consumtion, of the Flesh, most excellent -

Take three pintes of new milk, one pinte of red wine, the yeolkes of 24 eggs, beate them all to geather, then Slice in halfe a pound of dates, uery thinn, and the white Skinn pick out, the crum of a halfe peny Loafe Sliced thinn, a hand full of rosmary flowers, a hand full of dryed July flowers, 20 old pippens, pared, and Sliced, thinn, and Steepe them all to geather ouer night and Still them in a cold Still next morning, take three Spoone fulls in the morning bloodwarme Sweetten it with a Spoone full of gilly flowers Sirrup, and Soe take att three a clock in the after noone, and putt a Spoone full of it into all brothes, and euery draught of drink you drink, if the party be Lowe then putt in 20 Shell Snailes it will doe well - - - - - - - - - - -

A Cordiall, uery comfortable, for the Stomack - - - - - Gripes and Surfitts - - - - -

Take to euery quart of good brandy, as many poppys as you can well Steepe, after they haue Stood a weeke, Straine them out, and putt to each quart of brandy three dozen of resons of the Sunn Stoned, three figgs Sliced, two dates quartered, and the whites of them taken out cloues, mace, cynnamon, of each a quarter of an ounce, two racis of ginger Scraped and Sliced angellico Seedes, and cardius two drams of each, three Spoone fulls of annisseeds pickt and rubbed one quarter of a pound of fine Sugar, Steepe all these for the Space of 16 dayes, Shaking it - twice euery daye, then Straine it through a Jelly bagg, and putt it upp into bottles, then putt to it one ounce of Annisseede comfitts, one ounce of Amber comfitts, one ounce of manus, christy -

An exelent Water for an Ould Sore - - - - -

Take a peck of blackberries ripe, putt them in a tubb, and bruise them to mash, putt there to a quarter of a pound of unslakett Lyme, a quarter of a pound of Allome pounded Small, putt all this and wash it well to geather, and couer it, and Lett it Stand two dayes, and then Still it in a cold Still, this water, blood warme, washing the wound, twice a daye with a cloth, and Lett the cloth Lye uppon it, hath cured an ould wound of: 7: yeares being - - - - - - - - - - - - -

Elder Water - - - - - -

To a bushell of berries ripe and cleane picked from Stalkes, ad Leuon ℥i of Spi (or Barm) putt in an earthen pott, breake well the berries, Sett warme by the fiar, worke it 10 dayes, close couered distill in a Limbeck, Lett them boyle a while before the Limbeck Sett on - - - - - - - - - - - - - - -

The Fistula Water - - - - -

Of white copperis and roach Allom of each a Like quantity, and pound them Small, putt them into a new earthen, chrich, Sett it on the fiar, boyle it till it be harde, Stirring it continually - -

A Water for the Pallsey it is good to quicken - - - - Memory and to cleare the Sight - - - - - -

Take of primrose flowers, with the younge budds and Leaues of cowslips flowers, and buds of rosemary flowers and buds, and the flowers, and budds of hartsease, otherwise called wall gilly flowers, of each of these, the Like quantity, then take as mutch of balme as of all the other mingle all this to geather, and when they are Somwhat dryed Still them, and use the water as you would doe other distilled waters, then keepe it for ye use, and take thereof, when you doe felle either Lightness in ye head, or coldness, or any other paine which cometh of cold in ye heade, and as you doe take it hold Some of itt in ye mouth, that the Sent maye assende into ye head and you shall find ease - - - - - - - - - - - - - - - - - - -

To make a Water, to keepe the Face Smooth

Take two penniworth of barly, and putt Some faire water to it, boyle it in that water a Little then putt that water from it, putt in Some more faire water, to the barley, and boyle that, Soe continue, changing the water, and boyling them till the water Looke cleare, then take two penworth of bitter Almonds, Scrape them and cutt them in Little peeces, then take the barley, but Lett the water, come cleare from it, then putt the barley and the Almonds in a quart of whitwine Soe wash y^ face with it a mornings

To make the Surfitt Water of Cadweed

Take a quart of Anniseeds water, and fill it full of cadweed, Lett it Stand Steeping three or foure dayes, then power it out, as cleane from the cadweed, as you can, putt it into a bottle glass, and putt in a quarter of an ounce of cloues, and a quarter of an ounce of Large mace, and a quarter of an ounce of nuttmegg, and Some what more of cinamon, and halfe a pound of Sugar, and Lett it Stand, and keepe it for y^ use

A Water to wash the face, and Lett it drye in

Take a peck of house Snailes, Shells and all, Strowe, Strowe brann, or fennall on them one night, to cleanse them, wipe every Snaile and breake the Shell, and take them out, pound them, and putt to them, a gallon of beane flower, and a gallon of Sollomons Seale rootes, bruised, Still them in a cold Still with a gentle fiar, as Long as it will dropp, Sunn the water a month or Six weekes

To make the Cordiall Aquamirabilis

Take of cubibs, gallingall, mellilett flowers, cloues, and mace, nuttmeggs, one dram, of cardamus Seede picked cleane two drams, of each flowers of Lauander of mother time, of white archangle, one dram, of the flowres of cowslips of burrage, of red Sage, of buglas of mary gold of eder two drams of the flowrs of rosmary, of clouesselly flowrs 4 drams, of the Juice of Sallendine one pint, of the beast Sack three pints, of Strong Angellico water one pinte, of red rosewater, halfe a pinte, bruise the Spices, flowers, Steepe them in the Sack, and Juice one night, the next morning, distill it in a cold Still, Lett it drop into a bottle, hanging in the bottome white Sugar candy, finely beaten, after the rate of a pound to three quartes

Plague Water

Take egremony, rue, woormewood, Sallendine, Angellico, Scabious, tormentill, Sage, mugwoorte, pimpernell, dragon, balme, fetherfew, wood Sorrell, eury, burnett Speermint, Scordium, cardus benedictus, mary gold flowers, cowslip flowers, perseley flowers, of each halfe a pound, rosmary a pound, annisseedes, Sweet fennell Seeds, corriander Seedes, and cardimum, Seedes of each two ounces a roote of elicompane, Scraped and Sliced Small, putt these togeather, and Shreed them Small then Steepe them in a gallon, and a quart of Sack, and as mutch whitwine, three dayes and three nights, in a earthen pott, glased, and well Stopped, and after, distill them, heare to you maye add, methridate, foure ounces, of uenice treacle, one pound, to infuse with the rest, and then distill it, the first runn keepe by it Selfe, for it will be Stronger then the rest, this is excellent against the plague, pestelent feauers, Ague, ill stomack, and to keepe any Sicknesse from the heart, you maye Still it in a close Still, close Stoped, in the Still ing Laye wett clothes Soomtimes about the topp of the Still, and you maye keepe aboute a quart, by it Selfe of this proportion, which will be exceeding hott, and for the rest you maye mingle togeather, doe not Still any more when you find it growe Sowar, giue 8 Spoonefulls of this water att a time, or there abouts and when you think it decayes, you maye quicken it with a Little of the Strongest Sort, you must Still it gently till it is neare the end, of Stilling, then Still it off faster,

Plurisie Water

Take brandy, and horse dongue, and make it into a morter, then Stamp poppy flowers, into it as mutch as you can conueariantly, and Still it in a cold Still as you doe roses, reueale not this

To make, a Cordiall, Aquamarebulis, my Lady Stortons waye

Take of cubebs, gallingall, mellilot flowres, cloues, mace, and nuttmeggs, of each one dram of cardemus Seedes, picked cleane two drams, of the flowers of Lauander, of mother time, of white archangell,

one

of the Sunn Stoned one pound, bruise the Seedes, Slice ye rootes, and putt them into two quartes of nants brandy, and Lett them infuse, 8 dayes, close Stopped, then Straine ye Liquor off and add to it one ounce of uenice treacle, the dose is two Spoonefulls att night, and two in the morning

Green Bame Water

Fill a Limbeck with wine Leese, or Ale, and good Store of bame, drawe it off as Long as any Strengh remains, when you haue a Still full of this water, putt it into a Limbeck, the Second time with Store of bame, a gallon of the third draught, putt corriander Seedes ℔ ss, cloues bruised ℥ii mace and nuttmeggs ¾ Lett it dropp into a receuer, filled with fresh bame Leaues, not washed nor brused when it hath Stood you maye putt fresh, then Lett it Stand a weeke then cleare it, adding an ℔ii of Sugar, dissolued in damaske rose water, warme, you maye add Amber greese and muske, orringe or Lemmon pill, Stopp it butt not to close, for it maye breake ye glass except cold

Surfitt Water

Take three gallons of new Ale, and of gallingall rootes, and mellilott flowres, and cubibs and cardimus, and graine, and Long peppar, three drams of a Sorte, halfe a pound of great figgs, and a pound of raisons of the Sunn, of cloues, and mace, and ginger and nuttmeggs, halfe an ounce of each of these Spices, take a peck of poppy Leaues and wipe them uery drye, and putt into the Ale bruise all these things togeather, and Lett it infuse one night, next morning when you drawe ye water, take a quantity of poppy Leaues, and wipe them uery drye, and cutt away the blackes, and Lett ye water dropp to them, then Sweeten it with fine Sugar, a quarter of an ounce of dates, if you please putt Amber greese and muske, and Leafe gold, Probatum est

To make Orringe Water

Take two dozen of the Smoothest orringes of right ciuill, 4 quartes of mallagoSack, then wipe the orringes, cutt them in halfes, and Squeese the Juice out uery well, then cutt them all to bitts and Stamp them in a morter, then putt them in a Still with the Juice and Sack, and Lett them Stand foure or fiue dayes, Stirring one a daye, and tye a cloth close aboute it, then past the Still, and to euery bottle put in Some white Sugar candy

To Still Balme or Minte

Take a Still full of balme or minte, and Stamp or cutt them and putt to the balme more then a pinte of brandy, putt to the minte not Soe mutch, the first bottle Sett by it Selfe, then Still it off, and to the next Still full of hearbes, Sprinkle it with the Last water, adding a Little brandy, Sweeten it with Sugar, and mingle it all togeather

Cherry Water

Take foure pound of ripe cherries and Stone them, take 6 pintes of clarrett wine, halfe a hand full of topps of rosmary, Six Large nuttmeggs, a hand full and halfe of balme, Six ounces of cinamon putt all these into a Large Still, and Lett them Stand 24 houres, close Stopt, distill the water, add to the water, being distilled, halfe a pound of the finest Sugar, of musk and Amber greece, 20 graines

Treacle Water

Take of the rootes of Allicompane, gention, cypress, turmentill, Angellico of each one ounce, Leaues of Lady thisle, or cardus, two ounces, mary gold flowers two ounces, citron rigne one ounce, then take a pound of the best uenice, treacle, and disolue in three pints of whit wine, three pints of good Sack, three pintes of redd rose water, and a quart of cardus water, then Infuse all this togeather all night, in the morning Stirr it, and Soe distill it, in a close Stopt Still, you must haue a full pound of treacle besides the waight of the pott, it will be Stilling a daye, and most part of the night, the fiar when once in must not goe oute, till done, because the water will wast, you must Still it to the Last, or elce you will not haue all the Strengh of the hearbes, and rootes, Lett it runn on fine Sugar it will keepe the bettar, Lett the rootes be Scraped, and prepared att the Apothycaries and they must be the full weight afterwards, Still it gently att first, and keepe, euery bottle by it Selfe, towards the Last you must Still off fast Lest it growe Sowar, when you find it growe Sowar Leaue off, when cold, you maye mingle it togeather, and keepe it close Stopt, giue it for Surfitts or heats and colds, 7 or 8 Spoonefulls, Lett the party Sweat after it, tis good for head ach, and to quicken Labor, when any thing offends the Stomack

Memory, all weaknes of the Stomack, take of it inwardly and bathed outwardly, take of it a quarter, of a Spoonfull and fast a quarter of an howre after itt - - - - - -

For the Falling Sicknes - - - - -

Take a nest of young rauens, gutts and all and drye it to powder, and putt it into a glass putt to it one pinte of black cherrie, water, two pints of white wine, putt to this wine and water one ounce of this powder, and Shake it till when you take out, drinke three Spoonfulls: 30: dayes togeather, eate noe perseley - probatum - - - - - - - - - - - - - - - -

Mr Ireands To make Aqua mirabilis - - - - -

Take gallingall, cloues, cubitts, ginger, mellilott, cardimony, mace, nuttmegs, of each a dram, and of the Iuice of Sallendine, halfe a pint, mingle all this made into powder, with the Iuice, and with a pint of good Aqua uite, and three pints of good whit wine, then putt all these togeather in a Stillitory of glass, and Soe Lett it Stand all night, and in the morning distill it with, as easy a fiar as may be - - -

Aqua mirabilis - - - -

Take gallingall, cubitts, mellilott, flowrs, cardimony, cloues, mace, nuttmegg, ginger, of each two drams, the Iuice of Sallendine one pint, mingle all this made into powder, with the said Iuice Aqua uite one pinte, and two pintes of good white wine, Steepe them all night togeather in a glass Still, and the next day distill it with a uery Soft fiar, Lett it dropp into ye glass uppon fine Sugar or pondar of white Suger candy and a uery Little bagg of Saffron - - - - - - - - - - - -

To make the Angell Water - - - - -

Take a quart of the best rose water, one ounce of beniamen, one ounce of Storay and beate it Small, putt it ouer a Soft fiar, for two howres, and Lett it boyle close couered, and Lett it Stand till the next daye, and then Strayne it out, and putt it in a glass, then putt in Six graynes of ciuett four graines of musk, and tye it upp in a fine ragg, and hange it in the glass, and in nine dayes you maye use it, butt the Longer it Stands it is the better - - - - - - - - - - - -

A Water for a Consumtion Mrs Arbella, Whites - - - -

Ye a peck of garden Snayles, in there Shells, and wash them in a greate bowle of beare, then make an ouen, uery hott, Soe Laye them in the ouen pretty thinn, and Lett them wast as Long as you heare them make any noise, then take them, and pick them out of the Shells, and wipe them from all the greene froath, uery cleane, then bruise them in, a Stone mortar, Shells and all, take allsoe a quarte of earth woormes, Slitt them and Strewe them with Salt, two or three times, then wash them cleane and putt them in a Stone mortar, and Stamp them to peeces, then Sett ye pott as it must Stand, and Laye in the bottome two hand fulls, of Angellica, then two handfulls of Sallendine, then two quartes of rosemary flowres, allsoe bare foot, egrimony, reddock rootes, Sliced, the barke of a barr berrie tree, wood Sorrell, bettany, of each two handfulls, of rue, fenewgrick, turmerick, of each one ounce, well beaten, then Laye the Snailes and woormes, on the topp of all those things, then powre in three gallons of the Strongest Ale, and couer ye pott, and Lett it Stand all night in the place you meane to putt fiar under itt, in the morning putt in of Saffron beaten to ponder the weight of Six pence, of harts horne, grated or beaten to ponder Six ounces, you must not Stir it after you haue putt in the harts horne, Lest it burne to the bottome, then Sett on the Limbeck fasten it with doe, and receaue it as you doe, other hott waters, in pints you maye receaue Six pints or more, the first is Strongest, and must be kept by it Selfe, and Soe by degrees, the Smallest maye be mended by the Strongest, the water maye be giuen the patient, in the morning, two howrs before eating or drinking any thing, and must not Sleepe, in two howres after, it must be giuen thus two Little Spoonefulls, in two or three Spoonefulls of Small beare, and excercise after it if you can if the patient, be uery weak take it allsoe att night, butt then butt one Spoonefull two howrs before he goes to Sleep, butt Sometimes, Leaue it for a daye or two - - - - - - - - - - - -

The neuer failinge Cordiall

Take of carriander Seedes, commin Seeds, fennell Seedes, and Annisseedes, of each three ounces, of Liquorish and elicompane, rootes three ounces, of each, of horse radish rootes two ounces, of Sena four ounces, of raisons of the Sunn

Long as you heare them make a noyse, and then you must take them out with a knife and make them very cleane, and wipe them with a course cloth, of all the greene froth from them, then bruise them in a morter, shells and all, Take allsoe a quart of earth woorms slitt them and Scowre them with Salt, then wash them and beat them in peeces, the pott being made reddy for y^t Lymbick, putt them in, then take two hand fulls, of Angellica, uppon that putt a quart of rosmary flowrs, putt allsoe egremony, beares foot, redd dock rootes, the barkes of barberry trees, wood Sorrell, bittony of each, two hand fulls, rue halfe a hand full, fennegrick, and turmerick, of each, an ounce, of Saffron well dryed, and beaten to powder the weight of Sixpence, then powre in three gallons of the Strongest Ale you can gett, good measure, couer y^t pott and Lett it Stand Soe all night, in the place where you meane to Sett fiar in the morning you must putt two ounces of cloues, very well beaten to powder, and Six ounces of harts horne, beaten to pondar, you must nott Stirr it after you haue putt in y^t harts horne, for feare it Sink to the bottom, fill y^t Limbick, and make it close with doe, and Soe receaue y^t water in pints. This water must be giuen in the morning and fast two howrs after, and not Sleepe on it, or it maye be giuen betweene meales, two howres from each meale you must take two Spoonfulls of Ale or whit wine, and when you giue of the Smallest Sort you maye giue as mutch of the water, as of drink, - - - - - - - - - - - - - -

To make Preseruatiue Water, good, against, any Infection - - Plague or Feauer, or Consumtion, or woormes in Children - -

Take one pound of bame, one pound of rue, one pound of rosmary, one pound of woormwood one pound of mugwoort, one pound of Small Sage, one Large pound of pimpernell, one pound of Scabious, one pound of egremony, one pound of dragon, one pound of Liuerworte, on: pound of cardus benedictus, one pound of Sallendine, one pound of harts tounge, one pound of Longwort one pound of fox Longues, in all 16 Sortes, take all these pick them and wipe them that haue neede, butt not wash them, and cutt them a little, then putt them in a great pott, and putt to them two gallons of whit wine Leese, or more, as mutch, as mutch as you will find, will Steepe them, when they are close putt downe, and couered close, with a cloth, and a pye plate, on the topp, one whole daye and a night, the next morning Still it in a cold Still, and if you will haue it of a good Strenght, paste the Still round aboute, and keepe the Strongest, by its Selfe, and the Second by it Selfe, the Smallest Sort is good for feauors, if you giue it to one that hath or is inclining to a consumtion, that hath a Cough, doe not putt in Soe mutch rue, for that is not Soe good for the Longues, Angellica, insteed there of - - - - - - - - - - - - - -

An Excellent Palsy Water of great Virtue, and allsoe - - - in Dissines of the Head, and weaknes of Sinews - - - -

Take of Lauender flowres, cleane picked, Striped, fill a glass of a gallon, then powre on them good Spirrit of wine, to fill the glass, then Sett it to Steepe, in a warme place, for Six weekes, close Stopped if you cannot haue Spirrit of wine, then take exceeding good, ~~aqua vite~~ Brandy, then take flowrs of Sage rosmary, bittony of each one hand full, burrage flowres, buglas flowres, Lilly connally flowres, and cowslip flowres of each two hand fulls, digest them, in good Spirrit of wine, six weeks, gather euery one in his Season, take bame, motherwort, Spicknerd, baye Leaues, and if you can gett it, the Leaues, and flowers of orringe trees of each one ounce, cutt or hopp these herbs, putt into the Spirrit as afore Saide, then take citron pills, you maye take Lemmon peells, yellow Sanders in powder of each halfe an ounce, ~~Lignum~~ Aloes one dram, putt these into the Spirritt, Quinbes the Stones taken out one ounce, and Shreed them, then distill it all in a Limbeck, Saue it in seuerall glasses till all the uirtue be out, putt in this water of fine prepared pearle two drams, of prepared Smarage Stone one Scruple, of good Amber greese, of muske, and Saffron, of each, halfe a Scruple, of drye red roses of yellow and red Sanders, Shaued Small, of each one ounce, putt these in a fine Sarsnett bagg and hang them in it, close Stopped. This water is of great uirtue, in all Swooning weaknes of the hearte and decaying of Spirrits and is of great uirtue, in all appoplexys, paulsys, allsoe in all paine of Joyntes coming of coldes, in all bruises, outwardly bathed, it Strengheneth the - -

Ade dignil seeds hasted six drams
Lignum aloes: mace cardimons: cubebs in powder of each halfe an ounce

memory

And cutt away the blackes, and Lett y^r water drap to them, then Sweeten it with fine Sugar, a quarter of an ounce of dates, and if you please to putt Amber greese, and muske, and Leafe gold, add three or foure quartes of brandy - probatum est - - - - - - - -

The Cocke Water for a Consumtion - - - - - - -

Take a red cocke of a yeare olde, Strangle him, and quarter him, wipe of the blood with a cleane napkin, break all the bones, with a pestle, then take a pottle of Sack, a pottle of new milke from a redd cowe, a pound of currants washed, and rubbed drye, one pound of resons of the Sunn, washed, and rubbed drye, and then Stoned, a quarter of a pound of dates the Stones and Skines taken out and, Slyced, twinn, two hand fulls of pimpernell, one hand full of rosemary tops one hand full of broade thyme, one hand full of rosmary flowers, one hand full of marygold flowrs one hand full of peniroyall, one hand full of burrage or buglas, halfe a hand full of Sage, Steepe all this together, one night, and putt them into a cold Still, the next morning putt in the glass that receues the water, five or Six ounces of white Sugar candy, finely beaten, halfe a booke of Leafe gold, and foure graines of Amber greese, made into powder, you must putt a bottle that will holde aboute five pintes of the best water, you must take a little windglass full att a time Probatum

The receipt of the After paine Water - - - - - -

Take two hand fulls of Issope, as mutch of penneriall, as mutch of growne sell, as mutch of balme one hand full of wilde minte cleane pickt and washed, Laye them in a pott or earthen Vessell, Shred these hearbes, and Lett them Lye in a quart of Spring water, for a daye and night, then Still the hearbes and water togeather, in a rose Still, then Lett the glass bottle Stand in the Sunn for two monthes close Stopt, give a gill of this water, milke warme with Some Sugar, as Soone as the wooman is brought to bedd, before thee Sleepes, and it will ease her - - - - - -

A Receipt for an Impostume - - - - -

Take of the Strongest hott water you can gett, made of all the hearbes, and rootes, you can gett to Still in it, then take of cattnip pound and Strained, of penyroyall the Like quantity, of each one Spoone full, and of the Hott water two Spoone fulls, which makes foure Spoone fulls take the proporsion, morning, and euening, and if the patient doe find the impostume to role upward, then take the Same proportion, Soone after diner, this will cause them to Spittit upp att Seuerall times, in ye hott waters, you must haue figgs, reasons, and Liquoriss, and Annisseed and wine what quantity you thinke fitt, to preuent the increase of the inpostume, take figgs and Slitt them, and toast them, and eate them filled with mustard, morning, and euening - -

To make Cinamon Water - - - - -

Take Cynamon, grosly beaten, two ounces, two pintes of aqueuite, infuse them four dayes, the vessell being close Stopped, in the meane time, dissolue, halfe a pound of Sugar candy in a quart of damisk rose water, Straine the infused, and mix both the Liquors together, Stopp it close, hanging a Little bagg in it with 10 graines of Amber greese, and 4 of muske - - - - - - - - -

To make the Milke Water - - - - -

Take one gallon of new milke and Six hand fulls of cardious, benedictus, and three hand fulls of Speere mints, three hand fulls of woormwood, three hand fulls of rue, and a pretty many dragons Shreed the hearbes, and putt into ye milke, ye dragons must be Shreed Stalkes, and all, to putt into ye milke, Lett it Stand all night, the next morning, Still it out in an ordinary Still, with a quick fiar.

A receipt against the Sanders, or Collick, of the Stomack, or Consumtion

Take a peck of garden Snailes and wash them in a great, bole of beare, and then make ye chimney, very cleane, then take halfe, a bushell, of charcole, and Lite them afiar and when they are well Kindled, then with a Shouell make a great hole in the coales, and pown in the Snailes, and Scatter Some of the fiar, amongst them, and Soe Lett them roast, as

Long

An aproued good Water for a Consumtion - - - - -

Take a running cock pull him alive, then kill him, when he is allmost colde cutt him a broade by the back, and take oute the entralls, and wipe the body cleane, then cutt him in quarters, and breake the bones, putt him into Sutch a Still as you Still rosewater, with add to itt a pottle of good Sack, one pound of currants, one pound of raysons of the Sunn Stoned a quarter of a pound of dates, the Stones picked out, and the dates cutt Small, add more two hanfulls of pimpernell, one hand full of rose mary, one hand full of wilde thyme, as mutch of buglas, as mutch of borrage, two hand fulls of organum, and a pottle of newe milke, of a redd cowe, distill this with a soft fiar, putt into the glass that the water doth dropp into, a quarter of a pound of Sugar candy, beaten very Small, halfe a booke of Leafe gold, cutt Small among the Sugar four graines of Amber greece, and ten graines of prepared pearle, you must mingle the Stronge water with the Small, and drinke two Spoone fulls, att a time, in the morning fasting, and one howre before Supper, you must shake aboute the glass when you drinke it - - - - -

A receipt to make Ale of health and Strenght good for - - - All Disseases - - - Mrs Stich - - - - - - - - -

Take of Saxafrax wood, halfe an ounce, of tarsaparilla three ounces, of white Sanders, one ounce of Lignum rodium halfe an ounce, of chyna roote, halfe an ounce, of Lignum Vite foure ounces of mace halfe an ounce, the woodes must be cutt in thinn chips and bruised, of camapeis, a good hand full, of cowslip flowers, a good hand full, of Sage, rosmary, bettany, mugwoorte, balme, Sweet mariorum, and egremony, of each of these, halfe a hand full, and of roman woormewood, an hand full, if the Stomack be cold, and you maye add, what other good hearbes you thinke good, you must boyle, these woodes in Six gallons of good woorte, untill it come to foure, and then Straine it into a tubb, or boule, and if you boyle these things in Six gallons more of good woorte, it will tast very well of the woods, and when it is Sufficiently cold, putt good, yeast to ripen it, as you doe other Ale, ye hearbes, must not boyle, Soe Long as the woodes, therefore you may boyle them in ye Last woorte, and when it is allmost well boyled, putt in a few hopps, to make it keepe, when it is Stale att Least tenn dayes old, drink therefoff, a mornings, att ye meales, and as often, as you please - - Probatum -

Treacle Water - - - - -

Take of the rootes of elecompane, cypress, tormentill, angelica, of each, one ounce, Leaues of Lady thistle, or cardus two ounces, merry gold two ounces, citron rine one ounce, then take a pound of the best, venice treacle, and dissolue it in three pints of white wine, three pintes of very good Sack, three pintes of redd rose water, and a quart of cardus water, infuse all this together all night, and in the morning Stirr it well, and Soe diftill it, in a close Stoped Still, you must haue a full pound of treacle, besides, the weight of the pott it is in, it will be Stilled, and most part of the night, the fiar when it is once in must not goe out till it is done, because the water will waste, you must Still it to the Laste, or else you will not haue all the Strengh of the hearbes, and rootes, Lett it runn uppon Some fine Sugar it will keepe the better, Lett the rootes be Scraped and prepared att the Apothycarys, and they must be the full weight, after they are prepared, Still it gently att first, and keepe every bottle, by it Selfe, and towards the Last you must Still it off faster, Least it grow Sower, and you Smell it grow Sower Leaue off - - - - - - - - - - - - - - - - - -

To make Surfitt Water - - - - -

Take three gallons of new Ale, of gallingall roots, and mellilat flowers, and cubibus, and cardimus, and graines, and Long peppar, three drams of a Sorte, halfe a pound of great figgs and a pound of raisons of the Sunn, of cloues, and mace and ginger and nutt meggs, halfe an ounce of each of these Spices, take a peck of poppy Leaues, and wipe them very drye and putt them into the Ale, bruise all these things together, and Lett it infuse one night, next morning, when you drawe ye water, take a quantity of poppy Leaues, and wipe them very drye

and cutt

Rootes Slyced, then Lett them Lye in the milke, all night, and in the morning, put the milke with the hearbes, into the Still, distilling them with a moderate fiar, keepe the water in a glass for ye use, and when you will use it, putt 6 Spoonefulls of this water ouer night in a good draught of white wine, with a Little Sugar, add thereto in the morning, halfe a nuttmegg, thinn Slyced, and Soe drinke the Same fasting, thrice the first weeke, twice the Second weeke, and once the Last weeke - - - - - - - - - - -

An excellent good Water for a Surgett - - A H - - -

Take of Scordius, Saluca, Angellica, balme, of each, 6 handfulls, of cardus bnedictus Sorrell of the wood, tansey, with topps and all, of each foure handfulls, of redd Shankes - wall nutt Leaues, and nutts when they are younge, hearbe grace, rose mary, penyroyall burnett, of each three handfulls, of wilde radish rootes, and Leaues, dictanders, drago Saxifrage, thyme, Scabious, bittany, buglas, borrage, of each two handfulls, of Spearmints flowers of rosmary, redd roses, violetts, cammomill, of each three handfulls, of annifeeds three pounds of Liquorish two pounds, of the upper pills of Lemmons dryed, two ounces, - all these hearbes, must be Sett on aboarde, in the Shadow for the Space of three dayes, in an open chamber, and when the moystnes is partly consumed, but not to drye, then putt all these afore Saide, into Strong Spanish wine, or mighty Strong Ale, in cornes, for two or three dayes, and Stirr it well for twice or thrice a daye, and when the Ale hath done working, distill all in a limbeck, with a very Soft fiar, and keepe it for ye use, and take a Spoonfull there of as you find occasion - - - - - - - - - - - - - - - - - -

A wound Water, exsperienced to cure, an Ulcer - - - -
In the bladder - - Andrew Thompson - - - - -

Take rose mary flowers, Selfe heale, dasy Leaues, and rootes, Senicle, Adders tounge, tormentle pimpernill, plantin, egremony, the tendar, topps of clott burrs, wilde tansey, foale foot of each a good handfull, or Soe many of the Saide hearbes as you can gett, madder rootes, two ounces, Saxifrage rootes, Sarsaparilla, and the barke of guicum, of each foure ounces, boyle alle in two gallons of white wine, in a dicett pott, which you maye haue att queene hith Laye the rootes and hearbes all - night, to Steepe before, you boyle them, then putt in the hearbes, in the morning and boyle them Six or eight howres with charke coale, the pott being close Stopped, with the white of an egg and wheate meale, mixed togeather to a Soft past, then Lett it Stand from the fiar a - while, Straine it and putt to the drink, a quart of good english honey, and boyle it againe - two or three walmes, and drink of it first and Last, this is a great cleanser and healer, feare not the whytwine for the Sharpenesse, is taken awaye with the hearbes and honey - - - -

A water for to heale a fistula, experienced - - - -

Take of woodbine Leaues, and grounde Iuie of each two handfulls, of centory, woormewood, Sowe therwood, St Johnsworte, cammomill, Valerion, rosemary, Salendine, Sage, and hearbegrace of each one handfull, boyle them in foure quarts of woormewood wine, or in white wine one howre then Straine it through a faire cloth, putt to the Liquor one gall of an oxe, of roach Allome one pound and halfe, of Sugar candy two ounces, of white copperas one ounce, of Liquorish beaten one ounce, as mutch Salt as the Shell of an egg, will containe, and one pinte or halfe a pinte of honey, boyle all well togeather, Scumm it with a feather, and take good heede it boyle not ouer keepe this water close Stopped in a glass, and when you use it warme it, and applye it to the Soare warme, with a Stirringe -

To make tents for the Same - - - - - -

Take a good quantity of rosen and a Little wax, and melt it on a Soft fiar, then cutt Small peeces of Lawne as deepe as the wounde and make them Sharpe, twowards the poynte, and Soe keepe them till you haue neede, then dipp the tent in Some good oyle, and putt them into the Ulcers - -

Another waye for the makinge of Cynamon Water

Take one pounde of perfett Cynamon, beaten in a morter, and infude it in three pintes of strong and pleasant white wine, and one pinte and halfe of pure rose water, and keepe it very close, that it breath not forth, in balnea marie, tempered for the space of 24 howres, after which distill it as is usuall, see the Limbeck well closed, as allsoe the receauor, that it may not breath forth, Lett it distill soe Long as the water cometh, from Strong of tast and sauor, then change the receauor, for that will be a perfitt water, keeping it in a glass vessell, afterwardes you maye drawe the rest, which will be weaker, which if you will haue allsoe to be very good, keepe it till you haue a Second water, of another pound of cynamon and then mingle the two Second waters togeather, and add to them a pinte of wine halfe a pinte of rose water, and 8 ounces of cynamon, and use it as is before saide, and then distill it and it will be an excelent water, and all wayes, take heede, that you keepe ye distilled waters in noe other thing butt glass, and that they be close stopped

The making of Balme Water

Take a gallon of clarrett wine, and a handfull of Liquorill bruised, of Annisseedes bruised halfe an ounce, of fennell seedes bruised, as mutch, of balme two or three handfulls, these must be putt all togeather, into the wine ouer night, and soe the next daye distill it in a Limbeck, when you haue taken of this, the best, do the quantity of a pinte drawe noe more, otherwise the first pinte will be ouer weake

The making of a Water, good for the Collick, and Stone

Take Auens, Smaleage, thime, mariorum, brome flowers, eldar flowers, harts tounge, philupendula, oculus cristi, Saxifrage, beane codds, unsett Leekes, balme mintes, and perseley, distill of euery one of these, seauerally, a little measure, of aboute a pinte, putt them togeather into a glass, then take, as mutch mamesey, or good whit wine, as of all these waters, and putt it with the waters into a glass Stillitory, and with a reasonable fiar distill it, and drinke there of a Little quantitie as you haue neede

The making of a Water good for the Stone

Take two handfulls of broome flowers, one handfull of thyme, as mutch of Sorrell, as mutch of St Johns hearbe, distill all these togeather, and drinke three Spoone fulls there of morning, and euenings first and Laste, use it two or three dayes, in a weeke, or take to euery quarte of good whitewine six Lemons, and Slice them Skins and all into the wine, and putt to it one good hand full of perseley and soe distill it in a glass Stillitory, or otherwayes, and when you are in dout of the Stone drink a competent draught of this water

The making of Snayle Water, good for the Yealowe Jaundies or Sutch Like Stoppinges

Take foure gallons of Ale, the Strongest you can gett; 6: ounces of harts horne, scraped very small foure ounces of cloues bruised, an handfull of Sallendine, and halfe a handfull of Angellico, wash the hearbes well, and bruise them with ye handes, and putt them with the rest into the Ale, then take a peck of garden Snailes, with there Shells on there backes, make a fiar of charke coale, and when it is burned bright make an hole in the midest of ye fiar, and putt them in, and couer them with the coeales, and soe Lett them Lye till the wishing noyse cease, then take them forth and wipe them one by one, very cleane, in a Linnen cloth, then bruise them in a morter, and putt them into ye Ale, and Stirr them well togeather, and soe Lett it Stand all night, After putt all into a potter, Limbeck, and distill it as you would doe aquallite, with a Soft fiar, and take and keepe the first and Second water

An Aproued good Water for the Stone Mr Gidmer

Take a gallon of newe milke, and putt there in an hanfull of pellitory of the wall, as mutch of wyld thyme, as mutch of Saxifrage, as mutch of perseley, and two or three, radish

rootes

The making and Vertue of Aqua Mirabilis ett Pretiosa

Take gallingall, cloues, cubibes, ginger, mellilott, flowers cardimony, maces, Nutmeggs, of each a dramm, and of the Juice of Selendine halfe a pinte, mingle all this made in powder, with the Juice and with a pinte of good aqua uite, and three pintes of good white wine, then putt all this togeather, in a Stillitory, of glass, and soe Lett it Stand all night, and in the morning, distill it, with as easie a fiar, as maye be, the excelency of this water, it dissolueth, the Swelling of the Lunges, without any greife, and if the Lunges be perished, or wounded, it mightily, healpeth them, and comforteth them, it Suffereth not blood to putrifie, and he shall neuer use to be Lett blood, that useth, this water, it Suffereth not the hearte, to be brent, nor mellancholly, nor phleeme, to be Lift upp, nor haue dominion a boue nature, It allsoe expelleth the rheume, and profiteth, the Stomack, and conserueth the body, in uery good estate, it ingendreth coulor, and keepeth and preserueth uisage and memory, it is good for the winde, collick, it distroyeth the pallsey of Limms and tounge this water being giuen to man or wooman, Laboring towards death, one Spoonfull therof releeueth, of all waters Artificiall, this is the best, in Summer use thereof fasting once a weeke to the quantity of a Spoonefull, and in winter, two Spoonfulls of it fasting

The making of Mr Keebells red Water

Take of mighty and Stronge Ale, three gallons putt thereto three Spices, Seedes, rootes, woode gumms, hearbes, and flowers, informe and quantity, following, of Aniseedes, cleane dressed and bruised, three quarters of a pound, of Liquoriff, cleane Scraped, thin Sliced, and bruised halfe a pound, of cynamon, of the rootes of enula campana dryed of the rootes of treas of each two ounces Slyced, of bayeberries, blanched and bruised of ginger pared and thinn and thinn Sliced, of nutmeggs thinn Slyced, of great gallingall, thinn Slyced of cassia Ligna, of each one ounce, of cloues, of graines, of Long peppar, of camyn Seed, of collyander Seede, of cubibes, of the Seedes of amonicum, of the Seedes of ameos, of winter Sauory, of Saxifrage Seede, of gromell Seede, of piony Seede, of Sweete fennell Seede, of Angellica Seede, of each of this bruised, halfe an ounce, of the rootes of callamus, aromaticus, of the rootes of gentian, of each halfe an ounce, thinn Slyced, of olibanum, of mastick, of mirhe of each one ounce, a Little bruised, of Lignum Allowes, thinn Slyced, of mace, and Sett well roots thinn Slyced, of Spyknard of each a quarter of an ounce, of redd rose leaues dryed two hanfulls of the flowers of Stiados, of the flowers of cammomill, of each halfe a hand full, of the flowers of centory two ounces, of canapitis, of diptamus, ereticus, of St Johns woorte of phylo pendula, of pimpernell, of Scabius, of bittony, of egremony of Juniper berries, of each an hand full Somwhat dryed, of cypress rootes foure ounces, of Sugar foure ounces, of Allcanet two ounces halfe ye cynnamon and Lignum Alloes, must be receaued out of the brass pott, and knitt in a Little bagge, and Layde in the bottome of ye receauer, all ye hearbes, and flowers, must be Left out of the brass pott, untill you haue, drawne, ye first, draught, and when ye first draught is drawne, take awaye ye receauer, and the bagg, that is therein, and wring it harde into the receauor, that done take off ye Limbeck, and all the Substance, that is in the brass pott, and Lett it runn through a Sieue of haire, into Some faire brass pann, all the Liquor from the Spices, putt those Spices into the brass pott againe, and all ye hearbes and flowers, and allsoe those Same Spices that are in the bagg, putt unto them one gallon and halfe of fresh Ale, then Sett it on ye Limbeck, and drawe it oute as you did before, and in the receauor, putt the other ounce of cynamon, knitt in the bagg, and draine it as you did before, and then putt the first, and Second draught togeather, in Some glass bottle, and keepe it for ye use

Another receipt to make Cynnamone Water

Take a pottle of redd rose water, and a pinte of white wine, either of Anjoye or of courte, and a pound of cinnamon bruised, putt all into a glass Still, and Lett it Stand, in a pott of water upon embars, 24 howres, to be infused, then distill, it in the glass Still, as other waters are accustomed

The waye how to make rosa Solis - - - - - - - - - - - -

Take halfe a peck of the hearbe, called rosa Solis, being gathered before the Sunn doe arise in the latter end of June, or the beginging of July, pick them and laye them uppon a boarde to drye all the daye, then take a quarter of a pound of raysons of the Sunn Stoned, Six dates, and 12 figgs, Shred all this togeather, Somwhat Small, and putt them into a great mouthed glass, then take of Liquoriss, and annisseedes of each an ounce, of cynamon halfe an ounce, a Spoone full of cloues, three nuttmeggs of corriander Seedes, and of carriway Seedes of each halfe an ounce, bruise all this, and putt them into ye glass, allsoe, then putt in ye hearbs and two pounde of Sugar, of the best being finely beaten, and putt thereto a pottle of good aquauite, then Stirr them well, togeather, and when you haue thus done, Stopp ye glass very close, then Sett it in the Sunn, for the Space of 7 or 8 weekes, often turning ye glass a boute in the Sunn, butt Sett it Stand where the rayne maye not come to it, and Shake it often times to geather, and when it hath Stoode Soe Longe, Straine it and putt ye water uppin a duble glass and Soe keepe it for ye use, and if you please when you haue Strained it, you maye putt thereto a Leafe of gold, and a graine or two of muske - - - - - - - - - - - - - - - - - -

The making of a Quintessence, good to disgest, a Surgett, or to reuiue, one being in a deadly Swounde - - - - -

Take of annisseeds, of white pepper, and of cinnamon, of each of this being bruised, a good handfull then take of Liquoraff halfe an ounce, of ginger two good races, 10 or 12 cloues, and one nuttmegg bruise this allsoe, then putt all togeather, into a quart of clarrett wine, and boyle them in a bason, uppon a chafing dish of coales, untill allmost the one halfe be consumed, then Straine it and when it is Strained, Sett it Stand a while to Settle, then take the clearest of it, and putt it into ye bason againe, it being cleane, then putt thereto a quarte of aqua composita, and a pound and halfe of good Sugar, being finely beaten, and Soe Sett it boyle againe uppon a chaffing dish of coales, the Space of halfe an howre, and Scumm it cleane, then Straine it and when it is cold, then putt it upp in ye bottles, and use it as you finde occasion - - - - -

The making of Cynamon Water - - - - -

Take a pound of cynamon, breake it into very Small peeces, and bruise it a little, then putt it into a glass Still with three pints of whit wine, and ~~a pinte~~ a quart of red rose water, is much of big glass quart, then couer ye glass close, and Sett it Stand Soe 24 howres, being first well Stirred togeather, then See ye Still very close Stopped, and Soe Sett it in Ashes to distill, with a moderate fiar, neither must you Sett the fiar goe out untill it be all distilled, you maye if you please keepe a pinte of that, which runneth first by it Selfe, for it will be more Stronge, then that which runneth after, and yett the Latter will be good if you take butt, a pinte of the Stronger from it distill in a Glass still - - - - - - -

The making of Dr Stevens Water, good for the Goute - - the Palsey, the toothach, and all disseases, that come of Rhewme -

Take of rosemary, Sage, wilde thyme, pellitory of the wall, cammomill and red rose leaues, of each a greate handfull, chopp them all togeather, very Small, and putt them into a gallon of clarrett wine, then putt thereto halfe a pounde of Liquoriffe, and as mutch of Annisseedes, being finely beaten, and halfe an ounce of cloues, an ounce of cynamon, and two nuttmeggs, being butt bruised, and of coliander Seedes, carriwaye Seedes, and of Sweet fennell Seede of each an ounce, being bruised, putt all this togeather into ye wine, and Stirr them well togeather then couer it close, and Sett it Stand Soe 24 howres, then putt it into a brass pott, and putt ye Limbeck uppon it, make it close with paste, and Soe Sett it distill on a Soft fiar, and as it doth distill, keepe the couer, colde with wett clothes, or Sutch Like, and when it is distilled, then putt ye water into a glass, and use it as other distilled waters, and Soe keepe it for ye use, and drink there of when you doe finde ye Stomake ill, or are troubled with the rhewmes, or any of the greefes, before, mentioned, the time to make it is aboute MidSummer - - -

Chyna Broth Prescribed by Dr Moore - - -

Take of the woods, as the apothecary will deliuer. and infuse them all night in Six pintes of faire water, in the morning boyle them, untill a quarte of the water be Spent, then putt to them a good peece of a neck of mutton, or the fleshy end of a Legg of mutton, a handfull of raysons of the Sunn. Stoned, a Sprigg of rosmary, and thyme, a roote of perseley, and Succory, a Spoonfull of french barley, a crust of bread, and a flake of mace, then Lett them boyle untill there remaine only a quarte of the broth, which Straine through a Jelly bagg with a Little cynnamon, whereof drinke euery morning, halfe a pinte, and as mutch att foure of the clock in the Afternoone -

The receipt of a bagg, to be Hanged in a kilderkin of beare, by Dr Moore

Take of roman woormewood 8 Small handfulls of Sassafras roote, cutt in Little thin chips three ounces, of Sweett fennell Seedes, a Little bruised, two ounces, of Stecados, Sage and egromony of each a Small handfull, mixe all these togeather, and Sowe them in a bagg, and hang the bagg in a kelderkin of beare, and when it is ten dayes old drinke there of, and Soe continue for Some good time -

A receipt to make Jelley - - - -

Take foure calues feete, a Large Knuckle of ueale, Sett them on in a Sufficient quantity of water and when it boyles Scumm it well, keepe it gently boyling, till the meate is boyled to peeces, then take it off, and Straine out the broth, and the next morning take off the fatt, and the Settling att the bottome, and putt the cleare part into a pipkin, putt in as mutch nuttmeg and cloues as you thinke will giue it a taste, then putt in a quarte of renish wine, Six Spoonefulls of the Juice of orringes, as mutch of the Juice of Lemons, three Spoonfulls of rose water, then Season it to ye taste with duble refine Sugar, then Sett it on the fiar, and before it boyles putt in the whites of 12 eggs and Soe Lett it boyle till it begins to cleare, and then Straine it through a Jelly bagg, putting in a Sprige of rosemary into the bagg, if you haue noe orringes nor Lemons, insteed of them putt white wine uinegar - - - - - - - - - - - - - - - -

To make the Strong Broath - - - -

Take an old cock, and breake his bones, and Sett him on the fiar, in a pipkin, that will hold two quarts, or Somthing more, full of water, make it boyle, and Scumm itt uery well, then put in a quarter of a pound of harts horne, thin, Soe Lett this Stewe togeather, 12 houres, keepe itt uery hott but not boyle mutch, then the next morning putt in a hand full of raysons, of the Sunn Stoned, and a hand full of currants picked, and washed, cleane, and foure dates, Stoned, and Sliced, the bottom, and the topp, of a Stale manchett, and of redd yarrow, and must Stew and boyle 12 houres Longer, untill you thinke, be wasted to a pinte, and halfe, then Straine itt through a course cloth, betweene two that is pretty Strong, for you must not Leaue one dropp, behind for the Last is the best, then you must Sweeten itt with white Sugar candy, or dubble refined Sugar, and giue itt one boyle after, and itt is to be taken, in the morning, and foure a clock in the After noone, the best waye to doe itt is ouer, charcoale, and keepe the pipkin close couered, and Somtimes Stiring itt, drinke halfe a pinte att a time -

A Broth, and drinke good for the Hectick Feauer With a dry cough, and debillity, of Stomacke

Take a good bigg chicken, two ounces of conserue of redd roses, a good quantitie of the foure cold seedes, with sorrell, uiolett leaues, borrage, and buglas, putt all this into the, belly and skinn of the neck of a chicken, sow it upp fast, putt it into a hansome pipkin, with bettar then a quarte offaire water, scumm it cleane, and couering it uery well, Lett it boyle with a uery soft fiar, till there remaine not aboue a pinte, then Lett it runn through a strainer, cleare from the flesh, and Lett the patient take halfe a pinte warme, early in the morning, and sleepe after it if he cann and soe continue it till he find ease, and att his meales, Lett him eate any wholesome meates sutch as his appetite shall require, butt for his usiall drink in that time, take three quarts of the best running water you can gett, and putt thereto an ounce and halfe of whole, coliander seedes, Lett it boyle well to geather, to a pottle, then add, thereto, when it is allmost sodden, a boute three ounces of sugar, and Lett it haue a walme or two, and when you take it off the fiar, putt therto halfe an ounce of cynnamon, broaken into small peeces, and stopp it uery close with a cloth, and sett it in a celler or cold place, and Lett him drink there off att meales, or betweene his meales, as mutch as he will, with this medecine, a Spanish Phisition, recouered an english gentlman that was thought past cure

A Broth good for the Spleene — Mr Arundell

Take of tamericke, rosmary, and cetarche, each an handfull, buglas rootes, two or three, raysons of the sunn, stoned, one handfull, make a strong, broth, with mutton or chicken

A receipt of a broth good for a Could, prescribed by Dr Arslowe

Take a peece of a chine of mutton, or any other bones of mutton, or Ueale, putt it into a pottle of good running water, Lett it on the fiar, and scum it cleane, then putt to it these hearbes, and rootes following, buglas, borrage, and cinquefoyle, of each a small quantitie, of mayden haire dryed the weight of 12 pence, of egremony, twice as mutch, a small roote of fennell, the Like roote of Sucory and a peece of sparagus roote of Like quantitie, with a whole mace or two, Lett all boyle togeather on a soft fiar, by the space of two howres or more, and aboute halfe an howre, before it be throughly boyled, putt into it the crust of the bottome of a manchett, and season it with salt, when it is taken of the fiar, if the patient like there off, putt as mutch wheaten brann into a cloth, binding it close to geather, like a button, as will seeme as bigg as a small wallnutt, and hang it in the broth, untill it be throughly, soaked, then bruise it a Little with a spoone, against the side of the pipkin, or bole, and it will, make the broth somwhatt white, soe drink a competent draught thereoff somwhat warme, euery morning, and if the patient be costiue, and Like there off, you maye putt into the broth with the hearbes, a few raysons of the sunn stoned and some damaske pruims

Chyna Broth, prescribed by Dr Fryer

Infuse all night into three quarts, of water, one ounce of china slyced thinn and one spoone full of hartthorne, and as mutch Iuory, on the embars in the morning boyle it to two quartes then putt a Little chicken, parboyled, and first scummed, or a chopp of Ueale or mutton, a perseley roote, and fennell roote, one handfull of Uiolett flowers, a Little bunch of egremony, mayden haire Liuerwoorte, and endiue, an handfull of raysons of the sunn stoned, the bottome of a Loafe, one spoon full of boyled barley, a sprigg of rosemary, of thyme, and a flake of mace, boyle these to a quarte and drink halfe a pinte morning, and euening

A Broth prescribed by Dr Moore

Make broth with mutton or chicken, and the rootes of perseley, grase, sucorry, and asparagus add to it these hearbes, sydrach, mayden haire, rosemary, thyme, and endeeue, with a handfull of raysons of the sunn stoned, and a cruft of breade, straine it and take a reasonable quantity a mornings, putting to it halfe a dram of the creame of tartar

or 10 french pruins to Sharpen it, and Soe mutch Salt, as maye conueniently Season it then Slack ye fiar, and Lett it boyle or cimber Softly, the Space of Seauen howres, uncouering it once in halfe an howre, and Stirring it well from the bottome, for feare of Setting to, then Lett it runn through, a Strainer, and when it is cold it will be Like a Jelly, take awaye the fatt and use a reasonable quantitie Luke warme, in the morning, and one oure before Supper, it may be taken oftner, as the patients Stomake doth Like, thereof, it will keepe well 5 or 6 dayes, it will not be a miffe to add, the fennell, perseley, and dock rootes, conteyned in the former broth to this broth allsoe, and you Shall finde it uerye restoratiue, in operation - - - - - - - -

A Water, good, to be taken, for the recouery, of an, exstreame, Consumtion

Take a younge cock, or capon of halfe a yeare old, wring the neck of it, pluck it cleane, head and all, cutt of the combe, and bill, Shripp the hose, and cutt off the clawes, drawe it and wipe it cleane, with a cloth in the bellye, quarter it and all to bruise all the bones, cleaue the head and cast awaye the braine. Laye it in Soake for one night in a quart of Sack, or muscadell which the patient, can best Like of it, in the morning putt it into a still, adding thereunto a quart of new milke a pound of good raysons, of the Sunn, Stoned, and halfe a pound of currants, being chopt togeather, then take three greate hand fulls of pimpernell, a great hand full of buglas, as mutch of borrage, two good hand fulls of violetts, flowers and Leaues and a great hand full of egremony, chopp all these to geather as Small as hearbes for pottage and Soe putt them into the Still mixing them all togeather, then take two good ounces of cynamon, being broken in Small peeces, and a Little bruised, and mingle it with the afore Saide hearbes, and Soe distill it with a moderate fiar, Stopping the glass that receaues it uery close, of this water Lett the patient take a Spoone full, or two, when he is most faint, twice or thrice adaye, and if the water Seeme to Stronge for the patient, alleye it with pimpernell water, and a Little Sugar, a Spoonefull or two of pimpernall water, alone, taken in any broth is uery good, to recouer any consumtion -

A Jelly for the restoring of a Weake, boddy withoute Annoyance of the Stomacke, or inflamation of the Liuer - -

Take a well fleshed capon, or cocke not uery fatt, Lett it be faire Scalded, and dressed, Splitt it in foure quarters, take out all the entralls, and allsoe the Little hard kidneys, in the Side of the Skinn, and the hinder partes, for making the Jelly fullsome, then take a knuckle of Ueale, pick out all the blood, then Laye the capon, and ueale in water, a good Space after which, taking it out chrush out all the blood, and water, in a cloth, Soe Long, as either water or Strings of blood will appeare, then putt all the meate cutt in peeces, in to a faire earthen pott, with a pottle of good white wine, and as mutch water or Less as you Shall thinke good, Sett it on the fiar, and Lett it boyle Softly, till the meate be all to peeces, then Lett the Liquor runn through a cloth, not uery thick, crush not out the meate, butt only receaue the Liquor, into a faire, bason, where in Lett it Stand till it be cold, then Scumm off all the fatt with a Spoone, take the cleare from the cleare in the bottome, and boyle it with Sugar, as mutch as will Sweeten it, and two nutt meggs Sliced, Lett it not boyle past halfe an houre, and then Lett it runn through a faire Jelly bagg, washed wth whit wine, with a rosemary branch, Lett it runn, till it be cleare, and Soe keepe it uppon bay Salt in Some cold place, or Sellar, and eate there of as you find ocasion -

A Broth for a Consumption - - - Do^r Lewcknor - - -

Take of chyna, Slyced, two french crowne weight, Steepe it in a pottle of water all night, uppon hott embers, in the morning, boyle a pullett, in the belly of which putt of conserue of redd roses, three ounces of Scabious, and fole foote, of borrage, of uiolett flowers, of mayden haire, of each halfe a hand full of raysons, Stoned, a few, a figg or two minced, a mace or two, and a Little Saffron, Sow upp the oppen part and boyle the Same, untill the flesh, be Loose from the bone, Lett it Stand untill it be colde then Straine it and drinke, euery morning, a draught of it in ye bedd, and couer ye Selfe with clothes - - -

It, a chicken, whole, with all the apertennes, except the Small puding, and then Lett it boyle againe and Scumm it cleane, putt into it halfe a dosen Leaues of buglas, soe mutch of borrage, and of thime halfe a dosen branches of Tameras, and as mutch of hydrache, as you maye take upp betweene ye three fingers and fiftie great raisons of the Sun Stoned, and a crust of manchett, and Soe Lett it boyle softly, till it come to the quantitie of a pinte, and season with a little Salt, then take upp the chicken, and the raysons with the hearbes, and Stampe them in a mortar, and Straine it with the same broth, and Soe putt it upp in a pott, and drinke it in the morning, and att foure a clocke in the Afternoone, Somwhat warme - - - - - - - - - - - - - - - -

Auery comfortable Gelly for those that are Weake - - - -

Take two capons, kill them, truss them, and take all there fatt from them, trise the bones, wash them, and Lett them Lye all night in water, the next morning putt them in a pott, very well Scowred with two gallons of faire water, and when it begineth to boyle, Lett it be very well Scummed, and all the fatt taken cleare off, Lett it boyle very Softly, a long time, untill you See it, begin to come to a Stiffe Gelly, and then Straine it meate and all through a faire cloth, and Lett it where it maye be cooled, when it is cold, pare off all the fatt on both Sides, then putt it into a faire pipkin or posnett, and Lett it melt, then putt in as mutch Sugar as will Sweeten it, with a little Salt, to season it, take a Spoonefull or two of rose water, with as mutch uinegar, and putt it in with the Sugar, take the whites of Six eggs, and beate them very well, and a little before it boyle putt them in, then Stirr it a little, and when it boyles upp take it off, and putt it in a Gelly bagg with a branch of rosmary, in the end there off, and keepe there off for ye use - - - - - - - - - - - - -

To Smore a Capon, Veary Restoratue - - - - - - - -

Take a good capon, halfe rosted, Saue all the grauy of it, and breake it up as to Serue, then Laye it in a pipkin, with the breast downwarde, and putt all the grauy to it, then take a pinte of clarrett wine, and putt thereto, aboute two Spoonefulls of the uearie utter rinde of orrange which is yeallowest, cutt as fine as dust, putt this wine, with the powder of orringes uppon a chaffing dish of coales, and when it doth Seeth, putt into it Soe mutch Sugar as maye make it pleasant, and Soe putt all into the capon, and couer the pipkin close, and Lett it Stew untill it be very tendar, when it is ready to take upp, putt in Slyced orranges, with Sugar, and uppon Sippetts dish it in -

A Veary Comfortable broth, for any Weaknes - - - - -

Take a good bigg chicken, three quarts of water, and Lett it Seeth on the fiar, keeping it well Scummed, then take one handfull of endeeue, halfe a handfull of Succhory, halfe an handfull of egremony, as mutch of mayden haire, one handfull of Scabius a quantity of Liuerwoort, of fennell rootes three, of perseley rootes as many, of yeallow dock rootes, two and those must be well washed and Scraped, and the pith taken out of them, then take one handfull of pruins one handfull of raysons of the Sunn, as many of currants, and a quantitie of whole mace, euery of these fruits, must be washed very cleane, and then putt with the rest into the pott, Lett all Stewe togeather, a good while, and then putt to them the bottome of a manchett, then Lett all Seeth togeather, till the broth begin to change to a reddish coulter, and be not in quantitie past one quart, and Soe Straine, the Same and keepe it, continue this broth fourteene days togeather, it must be taken Luke warme, once in the morning, and one howre before Supper

Another Restoratiue Broth - - - - -

Take to a Large Legg of Veale, chopt in gobletts bones and all, two gallons of water, when it hath boyled a while, and is cleane Scummed, putt there to a good platter full of these hearbes following, cleane washed, and picked, mayden Haire, Scabious egremony, Liuerwoort, endeeue Succhory, burrage, buglas, Strawberrie, cinquefoyle, Leaues and Spinage, after these hearbs Soe putt in haue boyled a pretty while putt in halfe a pound of currants, and Some: 8 or 10

A Jelly.
For those that are Weak. Serj. Bernard

Isinglass, Sago, Hartshorn, & Ivory made into a Jelly
Take of this Morning & Evening

The making of China Broth, to rectifie, the distemper of Partes Correct, malignity, of humors, and to restore ye Selfe, of Substance, and Strenght

Take of chyna wood, thyn pared, and slyced one ounce Lett it Steepe Six or Seauen howres att Least in foure pints of the best Spring water, Standing on hott embars, in an earthen pott close Stopped then putt unto it three or foure of the Largest maces, of fennell rootes elect and prepared the weight of three shillings, of the best raysons of the Sunn Stoned, halfe a Score, of the topps of mother thyme, of the Leaues of good bettany, of harts tounge, of Liuer wort, of mayden haire, of each halfe a Small hand full, of the flowers of marygold. of buglas, of borrage, each as mutch, and one branch of rose mary, Lett all these hearbes be bounde togeather, and when these haue boyled, till a third parte of the Liquor be wasted, then take out the hearbes and rootes, and putt into the Liquor, one reasonable, brigg chicken, fleshy and well fedd, perboyled before, till all the Skinn be taken off, and haue boyled a walme or two, when the chicken is putt in Lett it boyle with the china, Leasurely, and close Stopped, with a Stick of cynnamon, and 2 graines of grose peppar, till the Strenght there of be Sufficiently in the broth, then take out the chicken, Straine the broth and drinke a good draught there of euery morning warme, and another two howres before Supper, for the Space of: 9: dayes togeather, making Still new broth, as need Shall require, the chicken is not unwholesome to be eaten, of Sutch as can Like the taste there off - - - - - - - -

A Broth to keepe, the back, from Slymy, causes, and from bleeding of the Stone

Take a knuckle of Veale, and a younge cock or pullett, Laye them in water to Soake out all the blood an howre or two, and Sett them on the fiar, in a gallon and halfe of water, and Soe Summe it, then take two ounces of french barley, and wash it, in a Little warme water, and Seeth it by it Selfe in two waters, untill the rednes be gone, then Lett the water draine from it, and cast the barley into the broth, where the flesh is, then take an ounce of the foure greate cold Seedes, and bruise them grosely in a mortar and putt them into the broth, and there with forty plums of Sebastian, and forty raysons of the Sunn Stoned, then take halfe an ounce of Asparagus rootes, the pith being taken out and as mutch of Knee holme rootes, otherwise called, butchers broome, of perseley rootes and fennell rootes a Like quantitie, the pith being taken out, of Lettue and purslaine, of each, halfe a handfull of burrage and buglas, Leaues and flowers halfe an ounce, you must Lett all these Seeth togeather untill the flesh, be come from the bones, and the broth Like a thinn Sellie, then take the clearest of it and Straine it through a Hippocras bagg or thick Strainer, till it be cleare, and Soe putt it upp into an earthen pott, and it will Last foure dayes, when you will use it, you must take 3 or 4 Spoone fulls of this broth, and putt to it a Spoone full and halfe of the Sirrupp of marsh mallows and the Juice of a Lemon, and Sett it on the fiar, and heate it and drinke it, when it is blood warme the foure great cold Seedes are these, Cuccumers, millions Pompions, Gourdes, the foure Lesser Seedes are these Lettue, Purselaine, endeeue and Succory - - - - - - - - - - - - - - - - - -

A Broth to be taken euery Morning, or most Mornings, Fasting A good draught for the Stone - - - - - - - - - - - - - -

Take apothecaries barlie first Scalded, and that water cast a waye, a Little Small hand full, the rootes of Althea, Scraped and the pith taken out, three in number, the root is all Soe called the marsh mallow root, mercury, or if you cannot haue it, Pellitory of the wall, or for want of both, mallow or violett Leaues one hand full, boyle all these in common cunduit water, with a chicken, or peece of a neck of Veale, or both, and make there off a broth, without thicking or Salt, Take a mess there of putt to it Sugar att ye best Liking, and drink it fasting for ye breake fast, Dor Johnson - - - -

A Broth for those that are greiued with Mallancholie - - - -

Take the knuckles of mutton and chopp them Small, and putt them into a pipkin with three pints of water, and Sett them on the fiar, and Lett them boyle untill Sutch time as the broth doth Smell of the meate, and allwaies as the Scum doth rise take it off, and then putt into

it

A Candle of Allmonds, good for those that haue a Weaknes in there Backes

Take a quarter of a pound of Allmonds, being blanched, three dates, grind these uery Small toge ther with a Little Ale, then Straine them with halfe a pinte of muskadell, and a pinte of Ale, and putt thereto of grated nuttmegg, and a Little Sugar, and soe boyle it, and Lett the partie eate thereoff as mutch and as often as he will and in time they Shall find ease ~~~~~~~~~~~~~~

A Candle good for those that are troubled, with a greate Dryness ~~~

Take a pinte of whit wine, or of rhenish wine, and Some what more of water, putt them togeather and Straine them with Soe mutch of oaten meale, as will make it to Looke white, then boyle it the Space of halfe an howre, a putt therto, a grated nuttmegg, and Soe mutch Sugar as will make it pleasant then Lett the partie eate thereof as mutch and as often, as he will, and in Short time he Shall find good there by

How to make Martresse, good to giue to those, that be Weake ~~~~

Take the brawne of a cold capon or henn that hath beene rosted, Shred it uery Small all Sauing the Skinn, then take a quarter of a pound of Almonds, being blanched, grinde them in a mortar uery Small, with a Little Sack if the parties Stomack be colde, or elce with white wine, Soe mutch as will make them a Little moyst, and then noe more, then putt ye meate to them, and grind them uery Small to geather, putt thereto the yeolkes of two eggs and three or foure Spoonfulls of redd rose water, and when you haue tempered them well to gea ther, driue them through a Strainer then Lett it uppon a chafing dish of coales, and Season it with Salt, and if the parties Stomake be colde putt thereto a Little cynnamone and ginger, and Soe mutch Sugar as will make it pleasant, but if the partie be hott putt only Sugar to it, and Soe boyle it untill it doe come to be as thick, as All mond butter, then giue the partie there off, this will keepe good three dayes ~~~~~~~

A Broth to be used, in a Morning of those that ~~~~ are falling into a Consumtion ~~~~~~~~~~

Take a Legg of ueale of the best that maye be gotten cutt of all the fatt, and wash it uery cleane, then putt it into a pott of water, which water must be a gallon, Sett it on the fiar Scumming it Soe long, as you Shall See either fatt or Scumm, rising thereon, this being done putt thereto, foure greate Spoonefulls of french barley, which must be ordered after this maner Laye it all night in a quantitie of a quart of faire water, in the morning taking it out wash it twice or thrice in faire water, till it be ueary cleane, then putt it into a pott of water, and Lett it Seeth by it Selfe untill Sutch time, as the barley be Swolne to the uttermost, the barley being thus used, must be cleane taken out of the water, and putt into the Liquor where of the broath is to me made, adding there unto, this hearbes and rootes following, Take of the rootes of fennell persely, and Succhory, the pithes being taken out, and the rootes cleane Scraped, and washed, of each of them, being not old foure rootes, of Scabious, egremony, bittany, Strawberrie, Leaues ~ uiolett Leaues, thyme, rose mary, of each of these, a bunch as bigg as a mans thumbe, if theye were bound togeather all, which must be putt Loose into, the pott, with a quarter of a pound of raysons, Stoned and as mutch of currants, a dozen damake pruins; 4 or 5 great mace; 10: or 12 cornes of pepper, cutt in halfe or quartered, one nuttmegg cutt in thinn peeces, which nuttmegg must not be putt in, till the broth be allmost Sodden, all these must be boyled, with a soft fiar, the Space of three howres in which time, the State of the meate and hearbes, will be boyled out, you maye putt a Little ~ Salt into it if you thinke good, this being done take out the lleale, and the hearbes from the broth, as neare as you maye, and Straine the broth, into a faire earthen pott, and reserue it for ye use, it will Last if it be well made two or three dayes, The best taking of it, is in the morning, two howers, after ye rising, and Likwise att foure a clock in the afternoone, att both which times you must, take the quantitye of halfe a pint, as hott as you cann Suffer it, with out either bread or any other thing in it, if you cannot gett those hearbes greene you must haue them att the Apothecaries dryed, which will Stand you in as great Steede ~~~~~

Another waye how to distill a Cocke for those - - - - - - That are in an Hott Consumtion - - - - -

Take a redd cock of a yeare and halfe old, being plucked, drawne, chopped in peeces, all the bones broken and putt him into a pewter pott of a pottle, unwashed, with the blood feet, head, and allas in the former distillation, and through there on, halfe a Spoonefull of Salt, then put there to halfe a pinte of french wine or of Small clarett wine, of borrage water halfe a pinte, and as mutch of buglas water, then take: 40 raysons of the Sunn, the Stones being taken out, two Spoonfulls of currants, three dates, and one nuttmegg, Shred all these togeather, and putt them into ye pott, then take of endiue, borrage, and buglas of each of this Six Leaues, and Laye the one halfe of them, under ye cock in the pott, and the other, halfe on high uppon ye cock, and putt there to one Spoonfull of good wine uinegar, and Soe mutch Sugar as the topp of ye thumbe, then past the couer of ye pott downe, and bind it as close as you can, Sett it in a kettle of water, Seething upp to the neck, and Lett it boyle continually the Space of 12 howres, and as the water in the kettle doth wast, fill it upp againe, with hott water, then take it off the fiar and Straine it as in the former distillation, then putt it upp, and giue there of to the partie warmed, three or foure Spoonefulls att a time, and Lett him continue it as you Shall See cause, and in time you Shall find it uery effectuall, you shall haue as mutch Liquor when it is Strained, as you did putt in ye pott -

The waye how to Distill a Pigg, good for those that are Weake, and Faint, and yett not Sick, but many times distembpered, with heate -

Take a pigg of 12 daios old, or there abouts, being Scalded, garbeshed, and washed, and take the foure quarters, and the feet, there of and wash them in a pinte of whit wine, one after another, and Lett them Soake a Little in the wine, then drye them with a drye cloth, and rub them ouer with a Spoonfull of Salt, then putt them in a pewter pott of a pottle, and Laye halfe a handfull of Sage, under them in the pott, then putt thereto a pinte of white wine, as mutch of faire water, an ounce of cynnamon, being broken in Small peeces, two Spoonfulls of wine uinegar and as mutch of Sugar as a good apple, putt all these togeather, into ye pott, and Laye halfe a handfull of Sage on high, uppon the topp of all, then Stopp upp ye pott close as in the distillation going before, and Soe Sett it in a kettle of Seething water, upp to the neck, and Lett it boyle continually the Space of: 14: howres, and as the water wasteth fill it upp againe with hottwater and when it hath boyled Soe Long, powre it into a Strainer, and Lett it runn without wringing untill it be runn drye, then keepe it and giue the partie thereof warmed: 5: or 6 Spoonfulls att a time, and Lett them take it as often as they will, and continue it as Long as they Lift, and they shall find ease thereby -

A water or distillation good for those that are brought - - - Weake, with an ague or Sutch Like Sickness - - - - - -

Take a young cock of a quarter old being plucked, drawne and washed, chopp him uerye Small, the bones Leggs, with the heade and all, then putt it into a pewter boule, and Sett it within ye Still, and putt thereto a quart of milke warme from the cowe, Six Spoonefulls of redd roge water, and of egremony, Scabious, burrage, buglas, and red rose leaues, of each of these halfe a handfull, and Soe distill them, all togeather, and keepe the water for ye use and giue the party thereof in his broth, cawdle, or Ale berie, 4: or 5: Spoonfulls att a time, and Somtimes Lett him drinke thereof alone with a Little Sugar, use this and you shall finde it uery nourishing, and a proued good to putt a waye Malancholly - - - - - - - - - - -

A Spetiall good water, for those that are in a burning feauer - - -

Take a quart of redwine, and a quart of milke, distill them togeather, and Lett the partie, drink of the, water, there of, as mutch and as often as he will, and it will kill the heate, and bring there boddyes into good temper - - - - - - - - - - - - - - - - -

To make a broth for those that be entringe into a Consumtion, and will Preserue, them from it, if it be taken, in time, and continued, soe Long as you feele ocation

Take the Shyn bone of beefe, from the knee upwards to the next doynt of the forelegg, chopp the flesh and bones togeather, and boyle it in two gallons of water, and when it is cleane Scummed, Lett it cimber, uppon a soft fiar, the Space of two howres, then putt thereto, the hinder quarters of a old coney, three or foure knuckle bones of mutton, and a young cock of a quarter old, the bones of them all being broaken, putt this into ye broth, and soe Lett it cimber halfe an howre more, then take burage buglas, endeue, egremonie and Sowethistles, of each of this, an hand full, and of thyme and perseley of each a Like, the quantity of halfe a handfull in all, putt all these into ye broth and Lett it cimber an hower more, then take a pound of greate raysons the Stones being taken out, halfe a pound of pruins and a quarter of a pound of currants, and eight dates, Shred all these togeather, and putt there to a few whole mace, putt all these in ye broth, and Lett it cimber an howre, and an halfe more, then Season it with Salt and Straine it with a Strainer, wring it not butt Lett it runn cleare, soe Long as there will any moysture come from it, then putt it into Sutch a vessell as you doe meane to keepe it in, and when you giue there of to the partie, take soe mutch of it as you doe meane to giue him att one time, and when it is warme Straine it with 20 Almonds, being ground Small, and soe giue it to the partie as warme as he Shall Like to take it, this will keepe good a Weeke. - - - - - - - -

To make a good broth for those that are in a consumtion, butt especially for those that enter into a Consumtion, after a hott feauer - - - -

Take a hinder quarter of good Large weather mutton, and roast it with a Soft fiar untill it be more then halfe enough, then Scotche it and prick it with two knifes, being uppon the Spitt, and make hast whilst it is hott, and Lett the grauye runn out into a platter, as mutch as you cann gett of it, then Lett ye grauie on a chafing dish of coales, and Scumm the fatt as cleane off as you can with a Spoone, then Season it with Salt, and putt thereto halfe a pinte of french wine, and if you can haue none of that, then putt thereto halfe a pinte of the Smallest clarrett wine you can gett and halfe a pint of red rose water, and a Stick of cynnamon of the Lenght of ye hand, being broaken in to Small peeces, and Lett it boyle halfe an howre uppon the coales, then putt thereto, one Spoonfull of wine uinegar, and soe mutch Sugar as will make it pleasant, then putt it upp all togeathers into Sutch a thing as you, doe meane to keepe it in, and giue there of to the partie to drinke warmed three times the daye, and 4 or 5 Spoonfulls att a time, doe this soe Long as you Shall find ocassion, and it will healp -

A uery comfortable receipt, for those that haue paine in there backes, it Will staye ye boddy, if it be troubled, with any kind of flux, or Wast of nature -

Take a redd cock of a yeare and halfe old, being plucked and drawne, chopp him in peeces and bruise the bones well, then putt him into a pewter pott, of a pottle unwashed, with the blood, feete heade and all, and through there in halfe a Spoonefull of Salt, then putt thereto a pinte of muskadell, halfe a pinte of redd rose water, 6: dates being cutt in peeces, and three or four maces Shake all these well togeather in ye pott, you maye putt thereto, what gold you please, more or Less, butt the more you doe putt in the more effectually, it will worke, then past downe the couer of ye pott, and tye a cloth soe close about it, that noe ayre goe either in or out, then Sett it into a kettle or pott of seething water, upp to the neck, and soe Lett it boyle continually the Space of 24: howres, and as the water doth wast fill upp the Kettle againe, with Hott water, and when it hath boyled thus Long, take out ye pott, and powre it into a Strainer, and Lett the Liquor runn into a uessell soe Long as it will runn, butt wringe it not, then putt it upp as you will keepe it, and giue the partie there of warmed, three or foure Spoonefulls att a time, and continue it as you Shall See cause, and you Shall find ease, you Shall haue, as mutch Liquor when it is Strained, as you did putt into ye pott, This is called the distilling of a cocke - - - - - - - -

And Soe Lett it boyle uery Leasurely the Space of three howres more, untill the broth be consumed to a quart or there aboute, butt Stirr not yᵉ brothe in any wise, for breaking the capon, then Season yᵉ broth with Salt, and a Little bruised peppar, and hauing thus done, take it from the fiar, and power yᵉ broth as cleane as you can from the capon into Sutch a thing as you doe meane to keepe it and when it is cold it will be Like a yellow Jelly, then you maye giue it warmed to the party as you Shall See cause, but warme noe more there of att once then you doe meane to Spend att one time, you may bestowe yᵉ capon att yᵉ pleasure ~~~~~~~~~~~~~~~~

To make a broth for those that haue a great weakness in there back, which Cometh with an exstreame Scowring it will Strenghten the body and Staye any kind of Loosnes or Flux ~~~~~~~~

Take a good Leg of mutton and being Joynted, putt it into a pott with a gallon and halfe of water, and when it doth boyle and is cleane Scummed Lett it cimber uppon a Soft fiar, the Space of two howers, then putt thereto an old coney, being chopped in three or foure peeces, and the bones broken all Sauing the head, and when it hath boyled againe being cleane Scummed, then Lett it cimber one howre more, putt therto three handfulls of basyll mints, or of Speermints or of white mints, and when you haue put these thereto, Lett it boyle a Little after, Stirring, it well togeather then putt thereto a pint of rice, being boyled, as it weare for potage, an an ounce of cynamon being broaken in Sticks, then Stirr it well together and Soe Sett it on the embars, the Space of two howres, and Stirr it often, as it doth boyle the Last two howres, then Season it with Salt, and a Little grose peppar, and Soe Stampe it through a cullender into Sutch a uessell as you doe meane to keepe it in, and giue it warmed to the partie as you Shall See ocassion, this broth will keepe good fiue or Six dayes ~~~~~~~~~~~~~~~~

Another broth for the Same Purposes ~~~~

Take a redd cock of a yeare and halfe old, pluck him a Liue, and beate him with a rod untill the blood doe apeare, through the Skinn, then breake his neck and drawe him, chopp him in peeces, and Soe putt him unwashed, blood and all into a pipkin, with a gallon of water the Leggs and head being cutt off and when it doth boyle Scum it cleane, and Lett it cimber uppon a uery Soft fiar the Space of an howre an halfe, then putt thereto of egremonie, Scabius, burrage, buglas, neppe, clary comfrey and white archangle, of each of these halfe a handfull, and Soe Lett it cimber halfe an howre more then putt thereto a quarter of a pound of currants, halfe a pound of raysons of the Sunn Stoned halfe a pound of pruins, and two nuttmegs being cutt in Small peeces, putt all these into yᵉ broth and Soe Lett it cimber three howres more untill the broth be consumed to a pint and an halfe, Season it with Salt, and Straine it through a cullender, Stampe all that remaine in the cullender uery Small, and Straine it with the broth, through a Strainer, into a bason, then Sett it uppon a chaffing dish of coales, untill it be ready to boyle, Stirring it well togeather, giue thereof to the partie, twelue Spoonefulls att a time being warmed, this will keepe good a Seanight ~~

To make a broth, called gruell good for those that haue the greife of yᵉ Spleene

Take foure good peeces of the better end of of a neck of mutton, and boyle it in a pipkin with a reasonable quantity of water, and when it is cleane Scummed Lett it cimber uppon a Soft fiar the Space of one howre, then putt thereto a peece of a fennell roote, and two persely rootes being pithed, and of burrage buglas of each an handfull, as mutch of penyroyall, binde all these, together and putt them into yᵉ broth and Lett it cimber one howre more, then take upp yᵉ hearbes and wring them ouer yᵉ broth, then putt into yᵉ broath Soe mutch of bruised woate meale, that hath beene Steeped in water, an howre before, as will Serue to thicken it, withall and Lett it cimber an howre more and when it hath Soe done Season it with Salt, and putt thereto a Little bruised peppar and a few cloues and mace, with Soe mutch Saffron as will a Little change the couller of it then Stirr it well togeather and Soe putt it upp into a uessell and giue there of to the party warmed, and Lett him eate there of att his pleasure, and in time he Shall find ease ~~~~~~~~~~~~~~~~

Brothes --- Cullesses --- Jellies ----

A Broth for those that are Sick of a hott Feauer ----

Take the Knuckle of ueale, and the Knuckle bones of mutton, being chopped, boyle this in a pipkin, wth a gallon of water, and after, they be cleane Scummed, Lett them cimber uppon a Soft fiar, the Space of an howre, then putt therto a good fennell roote, and three or foure perseley rootes, being cleane scraped and picked, and of uiolett leaues, Strawberrie Leaues, endiue, borrage and buglas, of each of this a Like quantitie, and of currants a quarter of a pound, the Like quantitie of raysons, the Stones being taken out, chopp all this fruits togeather, and putt it allsoe into ys broth, and add thereto the bottom of a manchett, and soe Lett it cimber uppon a uery Soft fiar, the Space of two howres, then Season it wth Salt, and putt therto halfe a pint of french wine, if you haue it, with a Little Sugar, if not then putt there to three Spoonfulls of uinegar, being made Somwhat pleasant with Sugar, and the ponder of an nutt megg, or a Little mace or peppar, which the partie beft Liketh, or none of them if he doe Like it without then Lett it cimber a while, after all these be therin, Then take it from the fiar and Straine it through a cullender, then take the bones from that which Stayeth in the cullender, and Stamp all the reft in a morter together, and Straine it with Some of the broth, then warme all the reft of the broath, uppon coales, and blend togeather, and soe putt it upp, as you will keepe it, and when it is cold it will be Like a Jelly, in the winter it will keepe a weeke, and in the Summer three or foure dayes, and you must allwayes warme it, when you giue it to the partie ----------

To make a Cullteß for those that be Weake to be taken ----- as oft as there Stomacke will Serue -----

Take the foure nuckle bones of a mutton, being chopped and boyle them in a pipkin with three pints of water, and when it is cleane Scummed, Lett it boyle Leasurely the Space of an howre, and an halfe then putt thereto, a Little thyme and perseley, bound in a bunch, noe bigger then ys Little fingar, then take a chicken and putt perseley, in the belly of it with three or foure whole mace, and soe putt it into the broth, with the head, feet, Liuar, giborne, and soe Lett it boyle againe, untill the chicken be tendor, and Season it with Salt, then take forty Allmonds and grind them in a mortar with a Little of the broth, untill they be uery Small, then putt ys chicken and all ys hearbes thereto, and soe Stamp bones and all togeather, untill the chick be uery Small, then Straine it with all the broath into a platter, and soe Lett it on a chafing dish of coales, to warme, and putt thereto three Spoonfulls of redd rose water with a Little Sugar, and soe giue it to the partie, it will continue good butt 24 howrs

To make a Sharpe broth for those that be Sick of any dissease ----

Take a chine of mutton, or Some other bones, Sutch as be not fatt, chopp them Small and boyle them in faire water, and when it is cleare Scummed, Lett it cimber uppon a soft fiar the Space of an howr, and when it hath soe done, putt thereto of perseley, endiue, borrage, buglas, and a branch of thyme being all bound in a faggott together, then Lett it boyle againe the Space of an howre and an halfe and when it hath soe done, Season it with Salt, and putt thereto either goosberries, barberries, or grapes as the time of the yeare shall Serue, then thick it with the yeolkes of two eggs, being Strained with a Little uerges, or uinegar, with a Little Sugar, putt into ys broth and Stirr it well, butt Lett it not Seeth after you haue putt in Sutch Spice, as is most fitt for the Sickness, and you maye boyle a chicken therein with the mutton for the party to eate if you please ----------

To make a broth for those that be Weake with Sickness ----

Take a good capon of two yeares old being well fleshed, butt not uery fatt, dress him as you would doe to boyle Leauing the head and the Leggs att the boddy, then fill the belly full of currants blended with an ounce of mace, and soe Sowe upp the belly, you must haue a pipkin on the fiar with a gallon of water and when it doth Seeth putt in ys capon with the breast downewards, and when it is cleane Scummed, Lett it Symbar uppon a uery Soft fiar the Space of two howers then putt thereto a branch of rosmary, two burrage, being Sliced, and a good crust of manchett

= and soe

For a Teartian Ague. Dr Griffith

Take of Sarsaparilla, one ounce, of Cynque foyle, centuary, mayden haire, St Johns Woort, rosmary of each of them, an handfull, of Liquoriß Six drams, of mace the weight of tenn pence, of faire, running water three pints, Seeth all with a Soft fiar an hower, Straine it and Lett the patient, drink a good draught thereof, three howers before dinner, and a Less draught two howers before Supper.

A Spetiall good drinke, to be taken often, in any contagious, or burning feuer.

Take a pottle of faire water, two handfulls of balme, as mutch of Scabious as mutch of wood Sorrell as mutch of Strawberrie Leaues, and a pretty quantity of Liquoriß, Scraped, and bruised, boyle all together to a quarte, Straine it and Lett the patient, drinke often thereof, either cold or milke warme.

An Aproued medecine to Skinn: and Heale

Take a pint of good Sallett oyle, one pound of Sweett Sheepes Sewett, minced very Small, and a reasonable quantity of common, greene Tobacco, chopped Small, Sett it on a temperate fiar, untill all be well boyled incorperate and that it Looke greene, Straine it, and keepe it for yr use and annoynte the place, galled, or hurte, as oft as you haue occassion.

For the falling of the Fundament

Putt into a pinte of whitwine, an ounce of the oyle of Turpentine, and take two Spoonefulls of it, being well Sogged together, every morning for Seauen, mornings together, fasting two howres after it. See amonst the oyntments for the Same.

Dr Friars, against the Scurvy

Rx 8 handfulls of woormwood, 4 of cardus bedictus, 2 of mints, half a peck of Scurvy grasse, a quarter of a pound of horsradish, sliced thinn, bruise the hearbes, and putt them into a gallon of milke to infuse all night, and distill off 2 pints for use, drinke a quarter of a pinte or more, alone, or relished, with a Little Sugar, or Sirrup of Lemons, or Juice of orringes, twice adaye.

The Cordiall

Take annisseeds, carrua Seedes fennell Seedes, baberriers, Juniberberries of each 4 ounces, alecompa angellico rootes, oxstollacahnga, of each Six ounces, boyle all these in one quart of triacle, after the rootes and Seedes are finely powdered, Lett it boyle very easaly for the Space of halfe an howre then take it off from the fiar, and putt in halfe a pound of browne Sugar candy, disolued in halfe a pint of the best brandy, burnt, Soe putt it ouer the fiar, for the Space of a quarter of an howre, keeping of it continually Stirring, keepe it be Sure close Stopped when you haue taken it off, this will make two quartes, it will Stand you in 3s 6d.

A Medecine for the Whites or running in the Raynes

Take one ounce of white Sanders, two ounces of yellow Sanders, three ounces of redd Sanders, beate them all togeather very fine, then take Soe mutch Venice turpentine, as will drye that upp, worke it very well togeather, and make it upp in a hard Lumpe, this being done take a new Layd egg putt from it the white, then take the quantity of a hasle nutt, of the aforesaide, and putt it into the yeolke, and temper well togeather in the Shell, and Soe drinke it, take this for three mornings togeather, then rest two or three dayes, and take it againe two mornings togeather, and Soe continue the taking of it for the Space of two monthes, and in that time this medecine will help them that Shall use it, it must not be taken to often att a time for feare of Staying it to Suddanly, then you maye use a plaster of Diapalma, to yr raynes and if you find the heumor to be hott then drink Some plantaine Water

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The Pill & Purging Drinke:

Bay leaves, Centaury, cammomill flowers, of each one handfull, Cassia fistula one ounce, Leaves of Scona half an ounce, red Gorhan one Dram and half, boyle all these in a quart of Water, till half a pint or more be consumed, Straine and bottell it for use: take it the morning fasting a small draught more or less of it works. It is good for worms, any Stoppage or Illnesse of the Stomacke.

The Black Salve for a Sore Breast

Take of Rosin half a pound, Burgundy Pitch, & ye best Frankincens of each half a pd. Stone Pitch 3 qrts. of a pd, Bees Wax two penny worth Mastick 3 penny worth, Venice Turpentine as much. First cut ye Wax thin, & Beat ye Other things into a Powder. Then put ym into a Pa. Dissolve them one after another; When all are Melted put in your Venice Serpentine, & Six Spoonfulls of ye best oil of Olives Stir ye all together, let them Boile a little, Then Strain them thro' a thin Cloath into Cold Water, So make it up into Rowls & Keep for ye use.

Take as much Sheeps Leather as will cover ye Whole breast, cut a Hole for ye Nipple anoint ye Breast wth a little Butter, & lay ye Plaster warm on ye Sore. If it Run much take it of once or twice a day dry ye Corruption & lay it on again Renew not ye Plaster too often But as need Requires.

N.B. Take care you don't Boil it too much; one Boil, after all is Slowly melted will be Sufficient. If ye breast be broken then twice a Day lay on black salve under ye great Plaster. But for those ye can Endure it a Puffis is best. Made as follows.

Take a quart of Ale dregs put in as much Mallows as you can Stir in it, cut them Small & boile them till they be tender over a Slow fire, Then thicken it wth white Bread Crum, & cut in as much Hogs Lard as an Egg. Lay it all over ye breast warm & good thickness.

For a Soare Throate - - - - Wd Mu

Take one pinte of oyle: and a quarter of a pound of white Lead and as mutch of redd Lead: finely powdered: and two ounces and half of Castle Soape: Slice the Soape: and putt itt all to gether: and boyle itt till itt will role: Stirring Stirring itt all the time

Mr Barletts Receipts for the Scuruy

Ye cetarach, mayden haire, Sassafras, Liquorisse of each one ounce, boyle them to the consumtion of ⅓ in a pottle of Spring water, then add more Amisseeds one ounce, Sena one ounce and halfe, Letting them infuse by a little fiar, butt not boyle, Straine it, and take deylie: 7: Spoonfulls for a weeke together -- Ye Scuruy grasse ½ a peck, callamus, Aromaticus Amios, gallingall, cloues, each one ounce, watercresses, brookelyme, each one handfull, brew all in 4 gallons of Ale for ye daylie drink Ye conserue of roses, rosemary flowers, gillo flowers each one ounce, Methrieate one dram, Musk Ambergreese and bezuar each foure graines, eate att any time

For a Tymanye, or greate, Swellinge in the Boddy

Take: 5: pints of rennish or white wine, and 3 porringers full of the Ashes of broome, a quantity of cynnamon bruised, Steepe the Ashes and cynnamon in the wine all night, the next daye runn it through a gelly bagg, doe often, untill it Looke cleare, add to it doe mutch Sugar as will please yr taste, then putt it into a bottle of Stone or glass, and doe Lett it Stand one whole daye, then drink of it morning and euening, and one howre, before meales, and after ye going, att each time, a good draught, could as it is, Eate noe pottage broth, milke or Spoone meate, that is most salt meate, nor fruite and drinke butt once or twice att a meale, the Lesser the better, drink noe wine, unless ye Stomack be weake

A excellent Medecine to breake, an Impostume within the Boddy -- or to cure an inwarde bruise

Seeth two or three handfulls of Scabius, in a quart of white wine till all the uirtue of the Scabius be drawn out, then draine the Liquor from the heartes, and putt to the Liquor, as mutch Sugar as will Suffice to boyle it to a Sirrup, when it is boyled neare the hight of a Sirrup, putt into it a nuttmeg cutt in thick Slices, and two or three, whole Sticks of cynnamon, then Lett it boyle a Little with the Same Spices which done, take it off the fiar, and putt to it Six Spoonfulls of very good, aqua vite, or aqua composita, and then putt it in to a glass and Stopp it close, take thereof three mornings together, two Spoonfulls att a time, and fast two howres after, it will happily giue a Stoole, this medecine will carrye, the impostume downe wards bagg and all - Probatum Sepe

For an Ague or Feauer

Take a good quantitie of ribworte, rootes and all, Slitt the rootes and wash all cleane, Seeth it well in a pottle of Strong Ale, to the quantitye of Less then a pinte, Straine it from the Hearbe, and putt to the Liquor of bolearmoniack fine and Smale beaten two Spoonfulls, then of Teane triacle three Spoonfulls, then Lett it boyle together a Little, and putt it upp in a Violl to be taken Lukewarme as followeth, fast two howres before you take this medecine, and begin to take it a iust houre, as neare as you can before ye fitt cometh Then take first nine Spoonfulls, a quarter of an howre after take: 7: Spoone fulls, a quarter of an howre after take: 5: Spoone fulls, and the fourth and Left quarter, take: 3. Spoonfulls, fast two howres after and keepe ye Selfe very warme

For an Ague or Feauer of any Kinde

Take of the distilled water of cardus bedictus, Angelico, dragon, pimpernell Scabius and plantaine of each two Spoone fulls, mix them with two peny worth of common triacle, and Lett the patient drink it made as hott as he can take it att the beginning of the fitt

For the Same another medecine

Take featherfew, hearbe grace, Sage, plantin or ribworte, neepe and hemlock, of each 9 or 10 Leaues, add to them the quantity, of a wall nutt of black Soape, and as mutch of baye Salt, pound all in a mortar, till it be like a Salue, Spreade thereof on Linnen cloth, and bind it being heate Lukewarme to ye wrists of each arme and doe applye it 3 or 4 times, when the fitts doe come, if as in winter the Leaues of the Hemlock cannot be gotten, take 3 Little rootes thereof, they will then be best use them as afore Saide

A Pultess for the pricking of a Thorne, in the foote finger, or any other place

Take claret wine, wheate meale and honey, make a pultes there of Laye it to the place and it will help

For the greene Sicknes, an aproued Speedy remedy - - - - -

Take cloues, mace, nutt meggs, rootes of madder, enula campana, prepared, pearle of euery one two drams, of puluis ferri, or Steele, prepared one ounce, of Sugar foure ounces, make all into fine ponder, and mix them well, and Lett the patient take halfe a Spoone full there of, as it is att 8 in the morning, and as mutch att foure in the afternoone, walking an howre after, and then eate some warme, thyn broath, this continued 14 dayes, att the most will make a perfect cure

For the Scuruy diuers Medecines - - - - -

- - - Itt is necessary, before any of these medecines, be used, to take the counsill of some Learned, Phisition, and to purge, the humor, that breedeth, and nourish^th the disease

A Bagg for Ale - - - - -

Take of woorwood: 3 handfulls, of water creasses two handfulls, of rosemary one handfull and an halfe, of Scuruy grass foure handfulls, of brooke Lime two hand fulls, of egrimony, maydenhaire, balme of each halfe a handfull, of water plant in one handfull, and a halfe, of germander and chamepithes of each halfe a handfull, of cychory rootes, two ounces, of Lignum uite, four ounces, of ginger three drams, of cynamon halfe an ounce, of fumeterre, two handfulls, putt these into a bagg of bolster stuff, with a plumett of lead, and hang it upp in 5 gallons of Ale, for 40 dayes Space, and drink therof

A Bath for the Legges - - - - -

Take of camomill and melilote flowers, of each two handfulls, of mallowes and marsh mallowes of each three handfulls, of fumoterre flowers, of hoppes, wild thime of each, of each one handfull, of woormwood of Scuruy grass, of each two handfulls of brooklime, of water cresses of each two handfulls boyle these in a sufficient quantity of water for a bath, and use it accordingly - - - - -

A Plaister and oyntment for the Scuruy Prescribed by Mr Fenton -

Take of mayebutter: 12 ounces of the Juices of woormwood, water creasses and Scuruy gras of each three ounces, of malmesey three ounces, boyle them together untill the Juce and wine be wasted then putt into it of yellow wax Seauen ounces, of burgamy pitch, six ounces boyle them together to the forme of a plaister, then putt unto it of Juniper berries, finely beaten three ounces, and incorporate them well together, and make them into rowles for y^r use, The oyntment is the same leauing outte the wax and burgomy pitch, and it is good to annoynte the Leggs there with before the aforesaide, bath be used -

A Plaister for the Same, Prescribed by Dr Foster - - - - -

Take of the wild cucumer rootes finely beaten one pounde, Steepe them in a quart of distilled wine uinegar, by the Space of 24 howers, of clarified honey two pounde, boyle them together to the forme of a plaister, then putt into it of emplaistrum diachilon, cum gummis ℥ ij of olei, irini Limacei, of each two ounces, of cominseed in fine ponder foure ounces, mingle them well together for y^r use - - -

A Drinke for the Scuruy - - - - - -

Take of fumetorre, of Scuruy grasse gotten by the sea Side, of each: 4 handfulls of water cresses two handfulls of brookelime, one handfull, w^ash all these, and take them cloane from the water, Stampe them Small, put them into a gallon of Strong Boare, or Ale, and Lett the hearbes Lye in it, drinke there of every morning a good draught, and Lett one howre after, take there of againe, one howre before diner, and att night when you goe to bedd, the more you can Stir after it, the better, though it be paingfull, use this for a fortnight or 3 weekes as you find y^r Selfe to mend, and it will help by godes grace - if you canot gett greene fumetory, wch is best, you maye haue it dryed att the appothecaries - - - - - - -

As att first, then Laye it to heate betweene, two lyles, till it be Somwhat yellow, and then in a thinn Linnen, cloth Laye it to the Side, Somthing higher, then the mother is, and Lett it Lye 12 hours and it will uery Soone cause it to fall to the right place, this is to be used either when the fitt is come or that they feare the coming of it - - - - - - - - - - - - - - - - - - -

A medecine for a Childe, broken, out with, the Itch, all ouer - -

Take Sallendine, and Stamp it and Straine it, and mingle the Juice, there of and red wine uinegar togeather, and soe annoynte the childe morning and euening, by the fiar, and in noe wise putt not of the Shirffe, that will arryse, till it fall of it selfe, trye first Some part of the boddy and if it doe that part good, then Use it to his face - - - - - - - - - - - - - - - - -

To Procure, a Speedy: deliuery of a Wooman with Child - - - - -

Take of white Ambar three penny waight, of uery fine cynamon, foure peny waight and Somewhat more, beate them fine each one by them selues, into fine powdar, then take: 6 or 7: Spoone fulls of good gascoyne wine, clarett, putt it into a faire porrenger, then putt the powder into it and with a Spoone Stirr it well, that it run not into Lumpes, and heate it Luke warme and Lett it be drunck off, and by gods grace you Shall heare good tydings Shortly after probatum est -

Another for the Same - - - -

Take the canes of the castia, the cashia being taken out, and Scrape them cleane and beate them to powder, then take 2 parts of that powder, and one parte of the powdar of date, Stones beaten and giue to drink as mutch as will Lye uppon Sixpence, in any warme thing - - - - - - - -

A Medecine - - -

Take the whitost of the hard Lees of wine, beate it and putt it into a goldsmiths pott, and uppon a hott fiar Lett it boyle and burne untill it come to Ashes, then putt it into a Strong peece of course Lawne, and hang it in a moyst place, and reserue the water that drops from it to yͤ use it will continue good Long -

Another, Medecine to Procure Throwes for th Same - - - -

Take as mutch of the Seed of Sauoryas, will Lye on a groate, being beaten, and giue it to the partie to drink in any warme thing

For a Push or Boyle

Make a pultos of white breade, milke or english Saffron, it will ripen, breake drawe and heale - - -

A Medecine for Bloody Vrine - - - -

Take of the Juice of howeslick, plantin, fetherfew and tansey, alike quantity and with beane flower, and a Little Honey, boyled togeather, make a playter, and Laye it warme to one of the kidneyes, and roule it not to be remooued for two dayes and two nights, that being taken off, doe it in Like maner to the other kidney, butt if the first healp, applye not the Second - - - - -

Another for bloody Urine - - - -

Take a pinte of Sack, a quarter of a pound of Sugar of the powder of coriander Seedes prepared and parseley Seed, of each, a Spoonfull, boyle it to halfe and drinke it three nights to bedward - - - -

A Spetiall Medecine for an Ague - - - - -

Take an handfull of Angelico, as mutch of the tops of rosmary, as mutch of red sage as mutch of hearbe grace, as mutch of Smallege, as mutch of perriwincke, as mutch of balme, two penny worth of mayden haire, a penyworth of unguentum Album, and an handfull of baye Salt chopp all the hearbes with the Unguentum, and Salt togeather, and Soe keepe them in a pott or box, and when you haue occasion to use it, Spread there on a cloth, and Laye it to both the wrists the night before the fitt should come, and againe afresh in Like manner an howre before the fitt cometh -

A Medecine for a Dropsey----

Take two gallons of Ale worte, one pound of guacum wood, boyle it till a quart be conſumed, then uſe it after it is Strained, with Ale yeaſt as you doe Ale, and when it is Soe old as it Leaues working, drinke there of att all times, and in the Space of 3 weekes it will help, as it hath beene exsperienced in many though paſt cure-----------

Another for the Same-----

Take 2 gallons of Ale or beare, putt therto two handfulls of enula campana rootes, as mutch of woormwoode, of rue as mutch, of Louage as mutch, a pound and halfe of Aniſſeeds, a pound of Lycoriſs a quarter of an ounce of colo quintida, and a pinte of honey, Seeth all this togeather untill the halfe be conſumed and uſe it att all times-------------------

A most excelent, aproued remedy for the Perfect curing of the--Dropsey, and discharging the body of all water and waterish humors-

Take a dragm of mechocan, made into powder and Steepe it a whole night in Small beare the next morning drinke it warme, and Some 8 or 14 dayes after, that againe, and afterwards as you shall find yr Selfe, it hath cured Some att once or twice, taken, other haue taken it oftner---

A Medecine for the greene Sickness-----

Take halfe a pound of raisons of the Sunn 3 ounces of Liquoriss, Scraped Slyced and Some what bruiſed, as mutch of Anniſſeeds, an handfull of cammomill, as mutch of coſtmary as mutch of Sorrell as mutch of Uiolett Leaues, and as mutch of french mallowes, or of other if they can be gott Lett all theſe be infused in 6 quartes of running water 12 houres and then Lett it boyle on a Soft fiar, the Ueſſell being cloſe Stopped, till it be cold, after Straine it, and putt it in a bottle and take there of euery morning before you a riſe, the third part of a pint, and Sweat gently if it offer its Selfe-------------------------

An electuary good for the falling Sickness--------

Take peritum, coſtus rootes, Stecados of euery one 10 drames, Agarick 5 drames, dill Seede aſſafedita, Ariſtrologhe, rotunda, of euery one two drams, and a halfe Juyce of Scauilles, clarefied honey of each: 14 ounces, boyle them on a Soft fiar untill it be meetly thick, afterwards when it beginеth to coole mix the other engredience, with it and take of it euery morning and 3 dramms, for a child 2 will Suffice, faſt 4 houres after----------------

A medecine for any Exstremity of the Whites---

Take one ounce of Uenice turpentine, well waſhed in plantaine water, rubarb 4 drams-made into powder, Sugar two ounces, Scinamon one ounce, made into powder, mingle them togeather, and take of it firſt and Laſt 3 pills of the bigneſs of peaſe, and in the morning after it take on the point of a knife a Little diadiſcordium, and a good draught of Uirgeſs poſſett, hott to waſh it downe, and faſt after it one houre, and take heed of Strayning them by Lifts or Sutch Like, the poſſett and diadiſcordium, muſt be uſed after the pills in the morning uſe this 3 or 4 dayes, and if you find it begin to Staye uſe it the Longer, other wiſe Leaue it and after Som three dayes, uſe it againe till you find eaſe-------------

A medecine for the falling of the Mother

First. bathe, the place very cleane with warme milke, and presently after Laye a plaiſter on the place, made of blue beanes, beaten to fine flower, and then Soe mutch wine uinegar as will make it Spreade, shift it once euery twenty foure howres, till it goe upp---------

A medecine for the riseing of the Mother---

Take chickweede and Laye it as thick as yr finger, and as Longe and broade as a Larg hand then Laye on whole mace on it, after more chickweed, and more mace, and att Laſt the hearbe

as

Another medecine for the Cornes La Dorsett

Take Hoggs grease that is not tryed, beate it a Little with a pestle, Spred it upon a a peece of white cotten, on the rugged side there of, and bind it to y^t cornes, dressing it once or twice a daye and it will weare it away shortly

Another for the Same

Take the white that is within the Shell of an oyster, drye it in an ouen, and beate it in a morter very Small, cutt the corne and putt it uppon the place, and Some argniek on it keepe it to the place wax or otherwise it will cure

For Cornes ... Mr Short

℞ Gummi Armomaci in aceto, soluti ℥j Vitreoli Romani Calcis uiui Ana ʒvj Auripigmenti ett cantharidum, ana ʒj cera noue ℥iiij olei chamomeli, ett euphorbij ana q.s. fiat emplastrum

A Medecine for Knobbs that grow in the flesh begining Like wartes, Somtime, runing in Secrett places

Take the Juice of Slowes, when they grow black and wash the place, therewith

For paine in the Joynt called the woorme in the North

Take the rootes of rirecoale otherwise called horse radish, and the earth being cleane rubbed from it bruise it in a morter, till it be Like past, then Spredd it Somwhat thick uppon a cloth thats course and applye thereof unto the place euery 12 houres till you find ease

For the Scyatica in the Hip bone

Take black Sope, and chaffe it well into the place, before a fiar, both euening and morning, and in a few dressing it will procure ease

Mr Shorts direction for an Emplaister for the Scyatica

Jacamahaua ℥j caranna ℥ß cum cera: qz & liqz facta, commisso extenditur Super Alutu

For the draning out of any Venome of rusty Iron

Make apultes of redwine, and wheaten bran, and applye it unto the place and it will drawe out any Sutch Venome

To Keepe the bitting of a mad dog From Ranckling

Take bettony, egremony, plantin, and rusty bacon, beate them fine together and laye them to the place bitten .. See a water for the Same amongst oyntements

A Medecine for a fellone

Take rewe a good quantity boyle it in as mutch faire water as will make it tendar, then thicken it with oeate meale, or crumes of bread, when it is boyled take it of, and putt therto two Spoonfulls of french grease, and applye it warme, Allsoe rolle houndstoung in a paper and rost it in the embers, as it were a roote, and applye it to the fellon, Somwhat warme renew this once in 12 or 24 houres, this will either assuage it or breake it, and after it is broken applye any ordinary Salue there to

A Medecine or Water for a Tettar

Take gum arabick one dram, Sal Armonick two drams, beate them to powder and putt there to 6 ounces of white uinegar and boyle all together untill halfe be consumed, then Straine it and putt it into a glass and wash the tettar there with

Doct^r Lower's Milk Water

Take a handfull of dry Mint, 3 handfull of Ground-Ivy, 3 Nutmegs Sliced, a Pint of Whites of Eggs beat to Water; distill these in a Gallon of New Milk in a Cold Still, wth 2 Sheets of White Paper in ye bottom of ye Still. Draw of 3 Quarts &c, Mix all ye Distillations together. You may Sweeten it as you use it, & add if you please a quart of Cherry to ye Gallon of Milk.

Nephretick Water. Lady Drake her way

Take May Flowers, pick them off from the Green Stalks when full blown But before they drop, a peck or more according to the Bigness of ye Cold Still. Grate 4 Nutmegs, and when you have put a good thick Lay of Flowers so pick'd at the Bottom of ye Still, add a thin Lay of ye Grated Nutmeg. Then another Lay of Flowers & nutmeg in the same manner till the Still is full as it will well Still, but all ye Nutmeg must be put in. Then pour in upon it a quart of Good White Mountain wine, or Strong White Port. This quantity will not give, above one q^t & half a Pint of Good. You may draw an other half Pint, but don't put it amongst the other. Keep it to mix with the Strong.

This was given me Chiefly for the Gravel, & great fits of the Stone. The Dose I commonly give to a Man is 6 Spoonfull of the Nephretick In 6 Spoonfull of Strong White Wine, with the Juice of half a Lemon & half a Scraped Nutmeg, Sweeten'd with Syrrop of Althea or Marsh Mallow All Stir'd well together & made blood Warm; & so taken.

I have known this Water do great Cures for the Stone gravel & Stoppage of Urine. Dr Ratcliffe used to give it in several other distempers It was a Favourite Medicine with him.

This Method I use in Distilling & Giving it.

May Flowers or White thorn flowers

For the Biting of a Mad-Dog.

Take an Ounce of Rubarbe, Goats Rue, Common Rue, Red Sage Cat-Nep of each a handfull, 4 or 5 Heads of Garlick; Boyle all these in 2 quarts of Strong Beer till half be consum'd; you may give about 8 Spoonfull to a Man.

N.B. Cat-nep resembles a Nettle, you may know it by it's Strong Smell

Ben Carter

To Make Sympathetick Powder.

Take Roman Vitriol one Ounce, beat it to fine Powder & Sift it thro a very fine Sieve, then put it into a glass Vial & Cute it very close So let it Stand in the Sun from the End of March to the End of May Shaking it every Day often to keep it from Sticking to the glass. When you use it you must only apply it to the Matter or Blood that Comes from the Wound Wrapping it up close & Keeping it Warm.

of the oake halfe an ounce made very cleane and scraped, and of Diapheenicon which is a compound in the, apothecaries, Shoppes, Six drames, the Pollipodie must be beaten in a mortar untill they be in fine paste, and then mingle with: Diapheenicon, and soe made into morsells and taken with the powdar of Sugar, this purgation must be taken three dayes together and then for: 14: daies the medecine before written, then the purgation againe, and then the medecine, and soe continue, three courses, the best time to take it, is in the begining of the springe, when the Sunn is new entred into the Signe Aries, neuerless it hath had good Success at other times

A medecine for the Tymprane

Take the berries of eldar, when they be black ripe and drye them in the Sunn, and then rub them and put a waye all, but the white Seedes, that is within them, and when it is through drye, beate them into powdar, and giue the patient, there of to drinke fasting, in white wine or Ale, fourteene, dayes together

A Medecine for Scalding, or Burning, and to take, a waye, the Heate

Take Sage and seeth it in running water, and there with all wash the wounde, and it will take a waye the heate, imeadiatly, then take, Take Sage, harts tounge, and Sheepes dounge, and frye it with Sheepes Sewett, and annoynte the wounde, with a feather, and Lett it Lye Still on, then take Sheepes dounge dryed into powdar, and strowe it there on twice adaye, and annoynte it as oft, and take heede of picking it awaye, Left there be holes, remayning euer after in the Skinn, And to asswage the Stiffness, when you can abide it noe Longer, bath it a little with Sage, water, but the Less bathing the Sooner it will heale

A Good Medecine for anie Swelling in the Legges

Take a good quantitie of the white mosse that groweth on an old old oake, boyle it in water and baye Salt and then wringe it drye and applye it to the Leggs with a cloath to keepe it close, to, and it will asswage the Swelling

A Medecine for the Cornes in the Feete

Take a beane and Laye it in ye owne chamber Lye, untill it will blanch Like a almond and then laye it againe in the like Lye, changing or Shifting it euery morning, untill it be come very Soft, then take an Ivy Leafe, and prick it full of holes, and Spread of the Soft beane uppon the Same, and applye it to ye cornes, allsoe the Leaues of howeslicke bruised and, Layd to the corne, will both drawe it out and mollifie it Soe as you maye with more facillity cutt it, and by often mollifying and cutting it in fine cleane take it awaye allsoe white pitch Spread uppon glouers Leather, and applyed to the corne mutch growne when it hath Lyen to it 4 or 5 dayes if you pluck it awaye Suddently it will bring away with it the corne, and giue ease a Long time after

To take awaye Cornes Lady Dorsett

Take houselecke or sengreene of the biggest you can gett, pare with a knife the thinn Skinn of one leafe there of, that is within the Side of the Leafe, Laye it to Steepe in red wine uinegar: 8 or 9 howres, before you use it, then Laye that Side you pluckt the Skin from next the corne, and bind it close, Soe dresse it morning and euening in Like sort, att att the Least euery morning untill ye corne weare awaye

Another for the Same

Take the rootes of white Lillie and boyle it in Vinegar, make it Like a plaister and Laye it on the corne, and Soe Lett it continue on it three dayes, without remouing and it will cause the corne to fall off

A medecine for th Pyles - - - - -

Take wax Venice turpentine, deeres Suett of each alike quantity, melt all togeather and dipp a Linnen cloth in it, applye it to the place as hott as the party can Suffer it, and after Laye a peece of Scarlett on it, and it will cure within a Short Space - - - - - - - - - - - - -

A good medecine, to Staye the Emrodes - - - -

Take the powdar of bole Armoniake Terre Sigillate, and Sanguis draconis, each a Like quantity putt the weight of three pence of this powder, to a Little white of an egg, and beate it well together Spredd it uppon a cloth, and applye it to the place, and once a daye make a new plaister, but if you perceaue them to Looke blacke, then take a waye the plaister; for feare of to Sudden Staying them, it is allsoe good for the emrodes, to take a good hand full of yarrow, Stampe and Straine it, with beare or Ale, and drinke there of cold morning and euening - - - - -

A medecine for Sutch as make water Like Cleare Blood - - - - -

Take a good hand full of bettony, boyled in new milke of a cowe that hath not beene att bull and drinke it warme euery morning, and euening, till you find it remydied - - - - - - -

For Winde in the Bladder, and bloody Urine - - - - -

Take the powder of the mistle of a thorne Searce it then take baye berryes, beaten to powder and the powder of white Amber, of each a Like quantitie, mingle them well to geather; take as mutch as will Lye on a three pence morning and euening, in a Little possett drinke, this will ease the paines after the making of water, and it will Staye the Staying of the Urine, mrs

Peeces

A medecine for heate in the Kidneyes - - - - -

Take the Leaues of Henbane, and rost them in dock leaues untill they be uery Soft, then take them out of the dock leaues, and putt to them the white of an egg, woomans milke, Some rose water and a Little white wine Vinegar, beate this togeather, with a Spoone till it be Like a Salue then Spredd it on a cloth, and when you goe to bedd, Laye it cold to the place greeued, and pinn a dubble cloth, uppon it, use this to doe, Som times, when you feele any heate - - - - - - -

A medecine for the Palsey in the Heade - - - - - - - - -

Take three Sage Leaues, and prick them with a pinn, and Laye them in Steepe, in aqueuite and in the morning take first one of them, and Laye it under, the patients tounge and when that hath Lyen there a while, putt it out and take an other and use them all euery morning and wash his Sawes, Temples and the Nape of his neck, with Spike water and he shall find ease

An aproued medecine for the Palsey - - - - - - - - - - -

Take a fox and uncase him, then mince his flesh as Small and as fine as it is possible, then take a fatt goose, and Scalde her uery cleane, pluck out her gutts, and fill her belly with the Same minced fox, and Sow upp the hole a gaine, that none come out putt her uppon a Spitt and roast her and keepe the dripping there of, cleane and close in a neyled pott and annoynte the place there with, where the greefe is, and chafe it well by the fiar - - - - - - - - - - - - - - - - -

A Spetiall good medecine for the falling Sickness - - - - - -

Take of the Scull of a mans head, and of Hepiony rootes, digged in the Latter end of Feburary of each one ounce, of bettany, Six drams and of Lauand, Spike 3 drams, the Scull must be fyeled, uery fine, and beaten uery Small in a morter the rootes, and hearbes must be dryed in the Shadow, and then made into Small powdar and must be mingled well togeather the dose, there of is one dram att a time with Syrrop of Stiados butt first the patient must be purged with this receit following, Take of the rootes of Pollipodie, greene

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Generall Medecines---

A medecine for the Pyles----

Take the upper Leather of old shoes, and burne it, and beate it to powdar take the Like quantity of brimstone, finely beaten, mingle these two togeather, with fresh gress of an hogg, Like an oyntement, with this annoynte the place, and then Laye a mullett Leafe, uppon it -------

Another medecine for the Pyles

Take a pretty quantity of eldar flowars, as mutch of beane meale as mutch of Sallett oyle - when it is mingled well togeather, will make Like a Salue, then Spread it on a cloth and apply it -

A medecine for the running of the Reynes---

Take rice and laye it in water, all night, boyle it after in the milke of one cowe, of one collor when it is all most full boyled, take archangle flowars, red for men white for wooman, and put thereto, Season it with Sugar, cynamon and nuttmag, and Soe eate it, closing the back and roling it

For the running of the Reynes----

Take a quarte of new milke from the cow; Seeth it with a good handfull of mynts either Speare or callamints, when it hath boyled a quarter of an howre, take out 6: Spoonefulls, and putt thereto, halfe a Spoonfull of powdar of the Seeds of roses, and Soe drinke it off and after - drinke a good draught of the other, thus doe morning and euening, then Laye a playster of pitch to the back where they find the weaknes----------

A medecine for one that hath a Rupture

Take of comfry a good handfull of wild daysie rootes allsoe a good handfull and as mutch of knotted grass, Stampe all these togeathar; and Straine it with malmsey, and giue it to the patient to drinke, mornings and euenings, nine dayes blood warme, if it be a man that hath beene Longe Soe, he must be nine dayes uppon his back, and Stirr as Little as he cann, if it be a Child he must be kept, Soe mutch Lying as you maye, for those nine dayes, if you thinke the drink be to Strong for the child, giue it him butt 3 dayes in Mallmsey and the rest in Stale Ale, and be Sure the partie hath a good trusse, and keepe him trussed a hole yeare att the Least-------

A Plaister for the Same----

Take all the aforesaide, hearbes and make Juice of them, then take fresh butter and clarifie it, and unwrought, Virgin wax, and clarifie it of each of these a Like quantity then take the rootes of comfry, and drye it and make powdar of it, and the powdar of commin seeds, and Annise seeds boyle these powdars in the buttar and unwrought wax, uppon a Soft fiar, a good while togeather Then putt in ye Juice, and Lett it boyle a walme or two, then take it off the fiar, and Stirr it all togeather till it be cold, then take there of, and Spredd it and Laye it to the codds, as hott as the patient maye Suffer it and use this till he be whole, this plaister is most excelent for a child that is burst att the nauill----------

For a Rupture----

Take carselium cumfrey Leaues, Knott grasse of each a Like quantity drye them in the Shado beate it to powdar, and Searce it, eate as mutch as will Lye on a groate in pottage, and boyle of these three hearbes greene in pottage, Soe eate it with the powdar; mornings and euennings for a month or 6 weekes, Take these three hearbes greene and boores grease and honey, Stamp them togeather, to a treate, Laye it to the place greeued, under a truss with blacke wooll, taken neare, the codd or flanke of a blacke Sheepe, there is an hearbe called doues foote, which if it maye be had, is Spetiall good to be added to the other three hearbes----------

~~~ Goute ~~~

A Receipt, for the Goute, by the Irish Doctor ~ ~ ~

Take a younge mastiue, puppy that is fatt, and take the skin of and the gutts out, and 20 black snailes, and halfe an ounce of comminseed, and take three handfulls of unsett Hs hopp, and stamp it well, and a quarter of a pound of frankincence pounded, doe mince, bruse or mingle all these togeather, putt them in the belly of the puppy, and sowe uppp the belly and then spitt it as you doe a pigg, and rost it, and bast it, with the oyle of spike, and the oyle of cammomill, 2 ounces of each mixed, togeather, and when it hath done dropping Lett it settle and take, of the topp of it, and use it annoynting the place, diseased, before a good fiar, and rubb it in well, and it neuer fayle ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~

A Receipt for the Goute ~ ~ ~ ~ ~

Take a spoonfull of bristoll soape or blacke soape, then take a new layd egg well beaten only the yeolke of it, mixe it with the soape, take a peny worth of sallett oyle, mixe it with it then take halfe a spoonfull of baye salt bruised and dryed to a powder, then take a pen nyworth of saffron, bruised and dryed to a powder mix all togeather and annoynte the greeued place with it, and bind a linning playster of the same to it ~ ~ ~ ~ ~ ~ ~ ~

An aproued good Medecine to Ease the Goute ~ ~ ~ ~ ~ ~

Take the yeolke of a new layd egg and the like quantitie of blacke soape and of saffron, being ground into fine powder, soe mutch as you can take uppon the poynte of a knife, stirr these well togeather, then spread it uppon a cloth, and laye it to the place greeued 24 howres, it will drawe out waters and ye paine will cease, doe this as you find ouasion it will ease ye paine and strenghen the limm, this Medecine is for a goute that cometh of a could hewmor ~ ~ ~ ~

Another Medecine for the same greife ~ ~ ~ ~

Take the broath of bacon and when it doth boyle take it off the fiar, and putt thereto soe mutch of old cheese, being scraped, as will make it being well stirred togeather, like unto bird lyme, then spread it thick uppon a cloth, and laye it to the place greeued as warme as you can suffer it, and soe lett it lye, untill it doe fall of, and you shall find ease ~ ~ ~ ~ ~ ~ ~ ~ ~ ~

Another Medecine for the Goute that cometh of an ~ ~ ~ ~ Hott humor, it will ease the Paine, and coole the heate ~ ~ ~

Take of cowe dounge when it is new made, and putt thereto soe mutch of new milke from the cowe as will make it some what thinn, stirr them well togeather, and boyle it uppon a soft fiar untill it be thick then spread it uppon a cloth, and laye it to the place greeued as warme as you can suffer it, shift it once in 24 howres and in short time you shall find ease, use this as you shall find ouasion ~ ~

A Medecine good for the Goute, and to drawe, out All euill humors ~ From anie part of the body, allsoe, uery good, to amend the sight ~ ~ ease any paine, in the, head, breake any impostume, and to help digects ~ ~ in Hearing ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~

Take 2 pound of pitch, as mutch of rosen as muth of frankencence each finly beaten and searced seauerally, one pound of sheeps tallow, one ounce of saffron, 2 ounces of cloues, as mutch of mace, halfe a pound of commin, and 3 ounces of Lapdanum, beaten and seirced, all this must be sodden the space of an howre, the pitch must be putt in first allone afterwards the rest and when it is sodden, make it in longe roalls and keepe it, when you will use it take fine, tawed sheeps leather and there of cutt soales to couar ye feete, and spred of the aforsaide plaister, uppon them and weare them next ye feete, within ye stockes the space of a month or untill they fall of, and use them soe long as you shall find ouasion ~

For The Goute

Take of the Best Jallop, Turbith, Hermadecks, Tartar Vitriolated of each fifteen grains, for a weak Body ten grains, Infuse all the Powders warm in about a quarter of a Pint of White Wine, Strain it, & take it early in the Morning once a Month for 3 Months together, & once in 3 Months all the year after.

Not to be taken whilst ye Fit is upon you.

A Medecine against the Plague - - - - -

Take rewe and woorme wood of each an handfull chopp or bruise them, then putt them into a quarte of Vinegar, Straine the Liquor and use it, taking a good Spoonfull or more if you please euery morening fasting, this cleanseth the Stomake from all crude humors, apt to inflame or putrifie the blood and resists the infection of the plauge - - - - - - - - - - - - - -

Another ordinary receipt Dr Linge - - - -

Take two or three handfulls of egromony, bruised and steeped 24: howres in good white uinegar take there of two Spoonfulls in a morning fasting this tempars the blood and preserues from contagion this from Sr Thomas Berkley, whoe a firmed, that many shutt upp in howses infected escaped all danger by using this familiar remedye - - - - - - - - - - - -

A Preseruatiue against the Plauge - - - -

Take a hand full of Sage a handfull of rue a handfull of eldar Leaues, a handfull of redd bramble Leaues and a handfull of Angellico, and stampe them togeather, and straine them through a cloth with a quart of whit wine, then take a Spoone full of ginger and mingle them alltogeather, and drinke thereof euery morning and euening 2 Spoonfulls for a: 11: dayes togeather -

Doctor Balbianus direction against the Plague, mutch practised in Italy - -

Take three pintes of malmesey, or muskadine, and boyle therein one handfull of rewe one of Sage untill a pinte be wasted, then Straine it and Sett it ouer the fiar againe, putt into it one penyworth of Long pepper, halfe an ounce of ginger, one quarter of an ounce of nuttmegg, of Saffron beaten to geather, Lett all these boyle a Little, then putt to it one ounce of methridate, halfe an ounce of treacle a quarter of a pinte of Angellico water, take of this morning and euening, one Spoone full, Searues both times, equally deuided, keepe this rare Secrett, as thy Life, before any wordly treasure, under god trust to this, itt neuer itt deceiued any, itt is good against the measells, Small pox, Spotted feauer, or any disease in Like nature, -

Soe that he maye Sweate as long as is possible, Soe without dought it will prove a present remedy this electuary is of Soe greate Virtue in them that doe receive it once in 24 howres that they maye be Sure from all evill, infections of corrupt ayres, and contagions, all the daye after, butt in them that are infected allready and are taken with the pestilence, if they drinke of it but one Spoonfull as is Said afore, espetially after Letting blood, if it be convenient for the patient and Laye them downe and Sweate uppon the Same, if the Venome have not utterly overcome the hart, they Shall undoutedly recover, It hath beene experienced that after the drinking of the Same medecine, when the patient made his water in an Urinall, the glass hath burst in peeces, by reason of the Venome, hath it purged out -

A Medecine presaruative, against the Infection of the Plauge or Pestilence -

Take an old wallnutt, and Shred it Small, and putt to it a Little rew, finely minced, and when they be well mingled, togeather, oppen a figg and putt them into it, and Soe close upp the figg againe and in the time of infection eate this fasting, it is very presaruative and hath beene proved -

Another Medecine, Pesaruative, against the Plague - - - - -

Take an hand full of eldar leaves as mutch of redd bramble leaves, as mutch of hearbe grace, and as mutch of Sage leaves, wash them and Swinge them in a faire cloth togeather, Stampe and Straine them with a quart of white wine, and then putt it in a glass, and putt it to good quantity of ginger, and drink a good Spoone full of it and it will preserve from the infection 20 dayes, and 9 times taking will be Sufficient for the hole yeare -

A Medecine to Peserve from the plague - - -

Take the roote of Settwell to the quantity an nuttmegg race it Small, and in two or three Spongfulls of malmsey drinke it in a morning, and it is preseruative -

A Medecine for the Plague To be taken, alsone, as you feele ye Selfe Sicke - - -

Take the rootes of Settwell, to the bignes of the top of ye thombe, a Spoonfull of teane triacle, 3 Spoon fulls of faire water, and 3 Spoonfulls of wine winegar, grate the root Smale mingle all togeather and make it blood warme, and drinke it and if you cast, take as mutch, and Soe continue, till you Staye casting, then goe to bed and Sweat if you cann, and be very carfull, not to take cold -

Mr John Kendall of Acton, his receipt for the Plauge - - - -

Take 3 pints of malmsey, boyle it in a hattfull of rew as mutch of Sage, untill one pint be consumed Straine it Sett it to the fiar, againe, and putt thereto of Long peppar ginger and Nuttmagg, made into pondar of these three, butt one ounce, Lett it boyle a while, then take it from the fiar, putt there in of good methridate one ounce, of good triacle 2 ounces, of aquavite a quarter of a pinte, and keepe it for ye use, if you thinke the Sick partie be infected, take morning and euening one Spoonefull there of att a time Luke warme, if you be conversant with Sutch as be infected, and you not infected, then once or twice in a wecke is Sufficient, halfe a Spoon full att a time use Sweating immeadiatly after the taking there of if the Sike person can take noe rest, then anoynt the temples with the oyle of poppies -

Dr Gulstone direction for the ordering of Dieth in - - - - - - - - the generall, to be ordinarely observed in contagious time - - - - - -

Keepe ye Stomake hungrye butt not emty, eating thrice adaye Short meales, Steepe herbe grace in all ye drinke and Sometime rosmary or balme, or cost mary of woorm wood, euery morning eate either raysons with buttar and woormseeds, or a few Leaves of heart grace or of Sage or figgs with the Like, Allsoe for a chaunge use figgs or raysons with a Little Saffron perfume ye house below with tarr, pitch and Vinegar ye chamber aboue with olibanum and Storax annoynt ye bed post with oyle of Spick -

A Medecine to trye whither, those will Liue or Dye that haue the Plauge, come out uppon them

Take a gumme called galbanum, and dissolue it with the Juice of feild daisies, then Spread it uppon the flesh side of glouers Leather, butt Lett the plaister, be noe broader, then the Soare is discouered, then Laye it uppon the Soare and hould it on with ye hand, the Space of a quarter of an houre, and if then it doth cleaue, the party will Liue without all dout, if not he will dye and if it doe cleaue it will ripen the Soare and breake it, in 24 howres, and that before it doe com off

probatum est

Another, Medecine, to ripen, breake and drawe the coare, of the plauge Sore

Take a great redd onion, and rost it in the fiar untill it be Like halfe rosted then wringe out the core of it, and Laye the hollow place therof, right uppon the topp of the Soare as warme as the partie, can well indure it, and hold it Lightly uppon with ye hand the Space of halfe an houre, then bind it on with a cloth and Lett it Lye doe the Space of 24 howres and if it be not broken by that time then Laye on another, in the Like Sort, this will both breake it and drawe out the core, and then dress it with good drawing Salue that hath there in noe hearbes

To Make a Pomander, good to Preserue, the bearers from the Plauge

Take the quantytie of a good apple of yellow wax, a good Spoonfull of tarr, and fiue or Six Spoonfulls of good white uinegar, and then putt thereto, Soe mutch of the pondar of woorm wood, as will make it very thike, and when it is not Stirred togeather, take it of the fiar, and being cold make it upp in balls, and make a hole through one of them, and with a String weare it about ye neck in time of Sickness and by goods grace it will preserue you from infection

Allsoe, a peece of the roote of Angellico or a peece of the pill of a Lemmon or orrange, or a Leife of Sorrell, any of these being carried in ye mouth, and chewed a Little is very good against the infection

Minardus Medecine for the Pestilence

Take the dryed blood of a drage, and of a duck, of a goose, and of a kidd, rent; Fennell Seed, the Seed of com commin, dill, and of wild neps or garden neps, or rapes of euery one three drames, the rootes of gentian treyfoyle, Squinatum, frankensence, roses dryed, of each 4 drames, white peppar, Long costilerian Vallerian, Annis cinnamon, of each two drams, Mirrhe, Narde of each; 6: Drames, bensamin, Aborum Gum Armoniacke of each 3 drames, Allowes, Agorick of each two drames, carpobalsan, 20 graines Ypreos, Saffron, rubarbe, and rewponticke, ginger mastick, of each one dram, Stiradoes, 5 drams make a fine pondar of all these and with 4 times as mutch of clarified honey mingle all togeather and keepe it in a Siluer, Nessell or glasse close Stopped it is an high treasure in dutch a case the dose of it is two drames in wine or water of Sorrell

An Electuary, of a wonderfull, Virtue, in the time of Pestilence

Take cinamon, elect one ounce, terra sigilla, 6 drames, fine mirrhe: 3: drames, unicornes horne one dram, the Seed and rind of cytron, rootes of diptanie, burnett or turpentine, Seddorie, redd corrall of each, two drames, yellow Saunders 4 Scruples, redd Saunders 2 Saunders, white beene and redd flowers of mary golds, of each one dramm, Iuory raced Scabions, Veroinei, Tuinei, Seed of basill the bone of a Stags heart, Saffron of each 2 Scruples, make a fine ponder and add unto it of bole armoniack preparate 2 ounces white Sugar 3 pound, and with a Sirrup of Acetositati citri, make a Soueraingne, electuary, and keepe it in a glass, if the pestilence cometh with great excess of heate, drinke a Spoonfull thereof uppon rose water and Vinegar, butt if the patient feele any cold Lett him take it in a draught of wine, and couer him with clothes- Soe

Treacle Water.

Take an ounce of Harts Horn Shaved & boil'd in 3 pints of Spring water till it comes to a quart. Then take ye Roots of Elicampane, Setwell, Gentian, Blessd Thistle (Blessed thistle), Angelica Roots Cypress, & Tormentil, of each one ounce; Citron Rinds one ounce. Then take one pound of old Treacle of the best & dissolve it in 3 Pints of white wine, & 3 pints of Red Rose water; Infuse it altogether for 24 hours, Then Still it in a Cold Still.
You may add Rosemary flowers, Clove July flowers, Mary-Golds Buglass flowers of each 2 ounces.

The Virtues of this water are to Restore the Spirits, & Speech, Swoonings & faintings. It is good for Agues, Worms, Small Pox, & Convulsions in Children.

Orange Water.

Take ye Oranges & a few Lemons pare them very thin & cut them very Small, put them into a pot wth two quarts of Malaga Sack, & 2 quarts of Strong Angelica water, & one of Small, half an Ounce of Cocheneal bruis'd, 2 drams of Saffron, 2 ounces of Cinamon, & 2 of Kermis berries bruis'd; & the night before ye Still it, add to it 2 qrts of ye Juice of Oranges. you may distill either in a Cold or hot Still upon refin'd Sugar.

An order of Diet to be used in time of Sicknesse, and Will preserue, the obseruors, there of from the Plague...

In the morning att ye uprising burne tarr, uppon a chafing dish of coales, before you take the ayre, and take the ayre there of, and drink a good draught of beare or Ale, where in these hearbes haue Stoode all night, that is to Saye, Sage, woorm wood, hearb graue and plantaine when you haue dranke upp the drinke, fill upp ye pott a gaine, it is not a misse if you drinke there of a gaine in the Afternoones, shift ye hearbes, twice or thrice a weeke if you use this order in the time of infection you shall be free.....

A Medecine for those that haue taken the Infection of the Plague.

Take a pint of malmsey, burne it with a Spoonfull of graines, bruised with as mutch Sugar as will make it sweet, and keepe it for ye use, it will keepe good a fortnight or 3 weekes, when anye fall sick take two or three, Spoone fulls there of in a porengar, putt thereto a good quantity of triacle stirr them well togeather, and Lett the partie drink it a Little warmed, and Lett him drink a great draught of the Same drink warmed, with out triacle, presently after, if the partie doe vomitt it upp a gaine, giue him more untill it Staye, with him, Lett him Sweate, Afterwardes for the Space of 12 or 16 howres, with moderate clothes, being well tended, for taking of cold, as he doth Sweat Lett him drinke Ale or beare, being boyled with Sage made pleasant with Sugar and warme If the partie doe retaine these drinkes, and be well tended, there is noe dout but he shall Liue these drinkes are allsoe good in a pestilent feauor.....

Another Medecine, for the Plague, to be taken as Soone As maye be, After the Partie falls Sicke.....

Take of Mastick and myrche, each halfe an ounce, a quarter of an ounce of Allowaye, beate them into fine powder, and putt them into halfe a pound of triacle, with soe mutch Saffron ground Small as will Lye on the pointe of a knife, Stirr them very well togeather, and putt them into a Leaden box, Stopp it close and keepe it for ye use, it will continue good 20 yeares Lett the partie greeued take the quantity, of a nutt there of, and Lett him drinke presently, after a good draught of Malmsey and triacle as they be in the former medecine, or of Ale boyled with Sage and Sugar, being warmed and Lett him take it untill he doe brooke it, and then keepe him in a sweate as in the former medecine, and if he doe retaine it, heare is noe dout butt he shall Liue.....

To Make an Almond milke, to coole those that be in the exstreame Heate of the Plague...

Take the kernalls of old hassell nutts, pick them cleane and grind them Small with a few blanched Allmonds, then take as mutch of those waters following, as will Searue to Straine them with that is to Saye, of turmentell, of pimpernell of bust, bustores, of buglas and of borrage of each a Like quantity, butt if you cannot gett the distilled waters of all these hearbes, then take all these hearbes, Sauing pimpernell, of each a Like quantity and boyle them in faire water a good Space, and when they are well boyled, then Straine them and take soe mutch of the water as will Seaure to Straine ye nutts and Allmonds with, then Straine them and giue the milke there of warmed to the partie to drinke, as often as he will with Sugar, this will coole the heate, and healp the disease.....

Sweate

A Medecine, to Preserue, one from the Sweate

Take balme, rosmary and burrage, putt them in Ale or beare, Lett it Stand 12 howres att the least, and drinke there of euery morning, Afternoone, and when you goe to bed, use this and it will prefearue you from the Sweate

To Make, A Posset Ale, good for, those, that haue, the Sweats

Take a pottle of possett Ale, putt there in a great handfull of marygolds, Soe mutch of fennell with the young seeds and the leaues togeather, Lett them boyle togeather halfe an howre then putt it into a vessell togeather, Lett the partie drinke there of as often as he will and he shall find greate comfort, withall, Lett him be kept with moderate clothes without taking ayre, ouar manye, clothes doe mutch hurt

And because, this Disease, is most Dangerous to those that Cannot, Sweate, butt burne, heare followetth a very good Drinke To Procure, them to Sweate

Take a pinte of malmsey, burne it, and putt thereto a Spoonefull of graines, bruised with Soe mutch Sugar, as will make it pleasant, drinke a good draught there of warme, Soe guie him selfe to rest and it will procure Sweate

Bleeding

A medecine to Stanch bleeding att the Nose - - - -

Take Issope bruise it putt it into a cloth, hold it to ye nose, and it will stopp it, or take a cloth wett in red wine, uinegar, laye it to ye nauell and it will staye it - - - - - - - - - - - - - - -

Another for the Same - - -

Take the bones of a carps head, when it is drye, beate it to powdar, take of it in a spoone with a little drinke, and drinke after it, to wash it downe, and it will staye ye bleeding - - - - - - - - - - -

Another for the Same, and will Assuredlie; help, if all others faile - - - -

Make a playster of pitch, uppon Leather, laye it betwixt ye shouldars cold, Lett ye playster be cutt to couer one halfe of ye shoulder, blades, soe goe small, upwards to the nape of ye neck, Laye another of the same uppon the reines of the back, these undoutedly will staye bleeding - - - - - - - - - - - - - -

A water, to Staunch the bleeding of a Soare, or to heale, an olde Soare - - - -

Take woodbine, leaues, Sage and Salandine of eace one, a handfull, putt them into a pottle of water, with an ounce of Alloes, hypatie, a penny worth of Allome, as mutch honie, the like quantitie of graines, beaten in to powdar, seeth them till the Alloes and Allome be dissolued, keepe for ye use, Allsoe halfe a quarter of an ounce of mercurie, Supplemate, putt to halfe a pinte of fayre water, one spoonefull there of mixed with 4 or 5 spoonefulls of this water, is good for an inflamed face, being used cold - - - - - -

A Powdar, to Staunch, any Bleeding Wounde - - - - -

Take terra sigillata, sangnis draconis, bole armoniak Allowes hipatice of each halfe an ounce make them into fine powdar and cast it into the wounde that bleedeth - - - - - - - - - - - -

A Spetiall good Medecine for the Jaundies, black or Yellow, if it be taken in time

Take of Fallendine and yarrow, each a handfull or more, a good quantitye of Long earth woormes cleane scraped, from the earth, Stampe them uery well, either Seauerall or togeather, Straine it with beare or Ale, for mutch as maye, retayne the Strengh of the hearbes, and woormes, putt into it a pretty quantytie of old Iuory, or harts horne, Scraped Small, a pennyworth of Saffron made in fine powdar, Sett it on the fiar butt Sett it not Seeth, when it is through warme putt it in a glasse and Sett the patient take 9 or 10: Spoonfulls mornings and euenings and it will help you - - - - - - - -

A Medecine for the Jaundies

Take howselick, Stampe and Straine it with woomans milke and euery night when the patient is ready to goe to bedd, annoynte him well there with, before a great fiar, from the rootes of his haire, to the lowest part of his backe, chafe it well in with ye hand, and continue it untill he be recouered

A Drink for the Yellow Jaundies - - - -

Take of the inner barke of barberrie tree, the inner barke of elder, with a little inglish Saffron, boyle them well, in ale or beare, putt thereto Some long peppar and drink thereof, or take Salandine, inglish Saffron and powdar of Iuory, Seeth it till it be Strong, and drink it mornings, and euenings, 9 times, or take 9 or 10 Seedes of hempe doe awaye the Hulls, bruise them in Ale and drink it fasting: 9: mornings togeather and it will help -

An aproued medecine for the Jaundies

Take of garden woormes cutt of as mutch of them att the knott about the midst as the breadth of ye thum Sett the woormes be the reddest, and bigest you can gett, take the knott which you haue cut of, Slitt them and take out all that is within and wash them, with Ale, putt them in a goblett, add to them 3 or 4 Spoonefulls of Ale, bruise them, with a Spoone, Stirring them, till the woormes, be allmost consumed and Sett it runn through, a Strainer, allsoe take two or three cloues of Saffron Somthing Small, disolue it in two Spoonefull of Ale, and Straine it to the rest, drinke it fasting three mornings togeather, with a little uncornes horne, if it be 4 mornings the bettar, 3 or 4 peeces of woormes will Serue att one time this medecine often experienced hath neuer failed - - - - - - - - - - - - - - - - - -

Another good medecine for the Yellow Jaundies

Take a pinte of Ale and put to it turmerick, and Saffron of each a like quantytie, allsoe take earth woormes wash them in warme waters untill they be uery faire, and the earth cleane out of them Shred them Small, knitt them in Linnen cloth, Seeth them in Ale with the Saffron and turmerick and Sett the patient drinke there of as often as neede requiereth -

Another for the Same - - - -

Take red dock rootes, Scraped and lightly washed and pithed put to two gallons of good Ale that is working three handfulls of Sutch, Scraped rootes, in a cypresse, or other, thin cloth, washed cleane with out Soape, after it hath wrought, and is 2 or 3: dayes old, drinke thereof mornings, noone and night - - -

Another Medecine for the Yellow Jaundies - - - - -

Take a pinte of Ale 9 burrage leaues, 9 pepper cornes, grose beaten, a little Saffron and the powdar of unicorne horne, Seeth them togeather, Straine it and Sett patient drinke there of euery morning fasting for the Space of: 6: dayes or take bettony leaues, drye, and make them into powdar, and Sett the patient drink there of oftentimes, or of St Johns worte, in wine drinking the wine, or take new Sheepes doung Steepe it in Ale or beare, 12 howres, Straine it and putt to it a little Saffron, and giue it to the patient to drinke, three mornings fasting - - - - -

For the Jaundies - - - Mrs Booth - - -

Take a little castle Soape, halfe a Sponefull of treacle a little Saffron, a good quantitie of harts horne, turmarick as mutch as will Lye on a knifes point att twice, putt these into a little Ale, warme it and Stirr it till it be melted, for drinke it 3 mornings togeather and walke or use excercise After it - - -

A medecine for those, that are entring, into the yellow Jaundies.

Take of the merbarke of a young ash, and allmost soe mutch of the rootes of yellow docks, being pi
thed, boyle these in a quart of Ale, till halfe be consumed, putt thereto a Little Saffron and when you doe
drinke there of, take there with, att euery time, halfe a Spoone full of the powdar of Puorie, or of Staggs horne
and drinke a good draught, there of euery morning, Lukewarme, and in 7 or 8: dayes it will help you.

Another Medecine for the Same ----

Take a good rosting apple cutt of the topp of it and take out the coare then fill it up with the
powder of turmerick, or of Staggs horne, and a Little Saffron, then fett on the topp, rost it uery soft
when it is roasted, wring it out upon a Sawcer, Scrape Sugar thereon, and eate soe mutch for the
space of 8 or 9 dayes and it will help you ----------

A Spetiall good medecine, for the Jaundies, whether it be, Black or Yellow

Take the greene of 8 or 9 knotts of goosedounge, when it is new made, putt it into a pottle of
Stale Ale, and shake them well togeather, lett them Stand 24 howers, and after you haue shaken
it well a gaine, Straine it and fett it on the fiar, when it doth Seeth putt thereto, the white of an
egg, being beaten to clarifie it withall, when it doth gather thick upon the top, Like a posset curde
scum it cleane and putt thereto a good hand full of the yellowest rootes of docks, pithed, a great
hand full of the inner barke of a young ash, 20 great earth woormes, Slitt and washed, Lett them
boyle uppon a soft fiar, untill one halfe be consumed, putt thereto a Little Saffron, keepe it for ye
use, Lett the partie drink there of, three times a daye and it will help ----------

A Special good drink for those, that are giuen to Mallancholly, and Weeping.

Take a quarte of claret wine putt it into an earthen uessell and thereto a quart of rosmarye
flowars, cleane picked, halfe an ounce of cinamon, butt before you putt in these add halfe a pound of Sugar
to ye wine, fett it uppon a uery soft fiar, when it doth boyle and is cleane Sumed, putt thereto ye rose
mary flowars and cinamon, Lett them cimbar softly, togeather for the Space of one howre, then take
it of, when it is cold putt it into a glasse alltogeather, drink there of with a Little clarett wine after meate
and when you goe to bed, if you doe make it of dried flowars, a pint of flowars will serue to quart of wine.

A Receipt against Mellancholie ----

Take of Sene the weight of 4 shillings of english Licorise the weight of 10d, of cinamon the
weight of 4d. bruise ye Liquorise, cleane Scraped, with ye cinamon in a mortar, infuse all in 38 Spoon
fulls of fayre Spring water one howre fett it on a char coale fiar, halfe burnte, lett it boyle uerye
soft lye untill all the gross Substance fall to the bottome, then take it of and couar it, when it is all
most cold Straine it, take of this decoction, 12 Spoonefulls for a man and 10 for a woman, add to
these 3 Spoonfulls of the Syrrup of uinegar, and the weight of 6d of the creame of tartar putt
it in a cupp, warme it in a posnett of seething water a Little more then blood warme, Stir it
well togeather, putt thereto halfe a Spoonefull of woorwood water, drinke this in ye bedd and fast
4 howres after, you must Lye one howre in ye bedd and neither Sleepe nor Sweate, then make you
broth either of chicken or the neck end of a rack of ueale, putt into ye broth one handfull of raysons
of the Sunn Stoned of fennell, Succory and perseley of each a roote, the pith being taken out, thick
en it with the bottome of a manchett Slice therein halfe a nuttmegg, it will giue 4 or 5 Stooles
if it doe not worke soe well as you would haue it, take about 4 of the clock in the Afternoone a
draught of burnte Sacke --- Dr. Griffeth ----------

An approued good medecine, to Stopp a fluxx - - - -

Take a good quantytie of Sea coeles, being beaten into uerie fine powdar, putt it into beare or Ale mingle and stirr it well, and Lett the patient drink thereof, if he cannot take the powdar in that sort, Lett it stand all night and straine the drinke in the morning, and Lett the patient drinke thereof in the morning, and att all times when he drinketh, for two or three dayes and by Gods healp it will cure - - - - - - -

A Purging Ale - - - -

Take two gallons of new Ale of the strengh of a peny a quart, of Sena and polipodium, cleane scraped, of each two ounces, halfe an ounce of bay berries, annisseed and fenell seed of each one ounce, bruise all these in a mortar, putt them into a Linnen bagg, with a stone therein to make it sincke, tye the bagg close and hang it by a string, into the ale, Lett it worke togeather, when it is a weeke ould, drinke it fasting euery morning, if you would haue it worke mutch, drinke it all foe att foure a clocke in the afternone -

A Glistar good against Malanchollie: Dr: Lodge - - - - -

Take of annisseed comin seed of the Lessar, cadomones, fennell seed, ameos seed of each three drams of calamints, peneroyall, organum of each one handfull, of the topps of dill, camomill flowars and mellilott flowars of each a small handfull, boyle the seeds and cardomones, being first bruised in fiue halfe pints of waters, till there be butt one pint Left, then straine it forth hard, and into the Liquor, disolue of the powdar of Hiera fnuplex, gall, three drams of Uia phenicon: 6 drames oyle of camomill, and honey of roses of: 3: ounces, Lett them be all mingled togeather and use it -

A Medecine for the bloodye flux - - -

Take a pretty quantyty of milke putt to it some rise flowar with 2 Spoonfull of red rose water boyle it togeather, with some sugar, and putt into it as mutch, bole armonake as will Lye on Sixpence Mrs Rogers - - - -

A Purging Drinke. Sr Hen. Guilford - - -

Take Sarsaparilla, one ounce, sliced and cutt to the lenght of an inch, Lignum Allowes halfe an ounce, sliced, Lett these to infuse, 12 howres in some fitt uessell in 8 pints of water Lett it after sutch infusion ouer the fiar, and Lett it seeth close couered the Space of 2 howrs then restore soe mutch water, as is consumed, putt in of pollipodium one ounce and halfe bruised, Hermodactilum one ounce, thin sliced, add these heartbes cutt small, egre monie Luier worte and scabiose of each one handfull, Liquorise bruised one ounce, Lett these seeth togeather one houre and halfe, then putt in a quart of whit wine and as mutch water as is consumed, that there remaine: 8 pints of Liquor and two of whit wine, that in all there be: 10: pints, into which putt all these things following; Sene leaues, 12 drames, Sticados epithini cytrach, mayden hayre of each halfe an ounce, Sweett fennell seeds 3 ounces bruised, calamint halfe a handfull, Lett all these att Last seeth, but one quarter of an howre then remoue, the uessell from the fiar, Lett it settle all night, in the morning straine it and keepe it for ye use -

For a Loosnesse or Collicke:

Too a Quart of Strong Annisseed wat, taki too ounces of Rubarbe finely powdered Shake it for 30 days together, and give to Party 4 or 5 Spoonfully of it according to the Strength of the Patient that takes it. Shake it well before ye give it.

And Seedes, and putt to it 4 ounces of fresh wood, boyle it in: 16 pints of water to: 8: with Liquorise and annifeeds of each halfe an ounce, bettanie, Sage, rosmarie, campitis of each an handfull, currants a quarterne, power it out after it is Settled, into a glass or fayre earthen pott couered, this is to be taken att meales or when the partie is drye, Lett the partie eate only rosemeate, mutton rabbitt chicken Sparinglie - - - -

A Medecine to be taken: inwardlye: good for a Weaknes in the backe

Take a new layd egg, presently from the henn, pare of the Shell on the crowne of the egg putt out the white, leauing nothing, butt the yeolke, and putt thereto, a Spoonefull or more of pure red rose water, and as mutch powdar of mastick, as will Lye on a broade pointed knife, and as mutch of the powdar of whitest Ambar, warme these things being Stirred togeather, in the Shell with a few embars and Suck it of:; After the receauing of it neither eate nor drinke by the Space of two howres, and it will be good to applye Some Strenghening Seare cloth to the Small of the back, where the paine is, Lettinge it Lye, till it fall of, of it Selfe - - - - - -

An approued good medecine for the bloody flux - - -

Take in the morning a new layd egg, put out the white and add to the yeolke the waight of a halfe crowne of mastick, beate into powder, and Supp it upp, then boyle rise in faire water; with a Little plantaine, Some knotted grasse, and bursapatoris, bound togeather, with this Liquor make Allmond milke with which make rise pottage, lett this be ye meat for ceartaine dayes, Make then a cullese of a cocke capon, hen, or chiken, Strained only with the water it was Sodden in, putting thereto Some uerges without Salt, the meat Left of the cock &c: is good to be eaten, butt drinke the culles halfe an howre before ye meate, Lett ye drinke be Small, and all waies, putt a gad of Steele, red hott into the Same - Att afternoones laye you downe to rest, and bind ye armes aboue ye elbowes, as hard as you cann suffer it, and if this healp not, and that you perceaue greate abundance to auoide from you, Take of the Syrrupp of the, foure colde Seedes, which you maye haue att the Apothecaries, and putt a pretty quantytie there of, in a good draught of woodbine, and plantaine water, mixe, it well togeather - and drink there of cold for the Space of: 8: or 10, dayes in the morning earlye, and att 4: a clock in the afternoone, this will purge the blood, and after the purging for the Stopping of the Flux Take a new layd egg, breake the topp of it, take out the white, then take of torra Sigillata, bole armoniake, white Ambar, red roses, red mints, mastick, Sangwis draconis, and Sugar of each a pretty quantitye, made into fine powder, mingle all togeather, and putt the waight of a crowne there of into the yeolke of the egg, and fill it upp with good red wine, drink this euery morning att 6 or: 7: a clock for 9 or 10: dayes, Sleepe after it if you will, Take allsoe a gallon of Sacke as mutch running water, of rosemary and Sage of each a hand full. a quantytie of the dounge of a mare, or an asse, putt this togeather, into a diett pott, Stopp the mouth, thereof with clage Lett it seeth, till the third part be consumed, unstopp the pott, and putt a funell on the topp fett it within a closestoole, Sitt uppon it, and receaue, the fume into ye bodye, and wash the fundament there with uery often, When it is Stayed if parchance it come againe, take as att first the weight of halfe a crowne of the powdar of mastick. in the yeolke of an egg, a mornings when you goe to bed, drinke Somtime a draught of burrage water, after the Stopping to Strenghen ye back, use for ye breakfast, to eate of the pith of an: ox: a Little, Tansey made of camphere Shred uerie fine with a couple of new layd eggs, and Stron Some Sugarcandy uppon it, eate allsoe Sometimes neates feet and calues feete, Stued with Some good hearbes, use thus to doe and by the healp of god, this will Assuredly, healp you of any flux - - - - - -

After the bread is drawen, lett it be there till it be dissolued, Straine it harde through a fayre cloth, and fett it in the Sunn or in warme embars, till it thicken, like a conserue, Stirring it 3 or 4 times, the daye, then take nuttmeggs, cinamon, gingar, cloues, mace and egrick cubibes of euery one of these a duckett weight, bruise all these as it weare for Sporras, and laye them in three quarters of a pint of very good muskadell, three dayes, then Straine it, and after beate the Spices as Small as you can, and grind it with the Same wine againe, wring it as hard as can be then putt that wine to ye conserued Allowaies, Lett it Stand soe long in the Sunn or embars, till it haue drunck upp that and come to a conserue againe, Stirring it oftentimes in the daye putt it in a close pott and keepe it for an excelent purging pill, to be taken once a weeke the quantitie of a beane rowled into a pill, and taken an howre before Supper, it doth cure the headache comfort the Stomake, and hath manie other good opperations Approued - - - - - - - - - - -

A Purging Diet drinke good for Aches - - -

Take of Sarsaparilla, epethini Stecados Hermodactills and annyseeds of each one ounce, Lignum uite; 4: ounces, Liquoress 2 ounces, of cortex quaci and Sene Alleaandrine, of each one ounce, cleaue and cutt in peeces the Sarsaparilla, bruise ye annisseeds, Scrape and bruise ye Liquorise, breake in Small peeces the cortex putt all Sauing the Hermodact into 5 quarts of fayre running water in a pott or pipkin, well Stopped Lett it boyle Softlye to geather till two quarts of the water be consumed, then Scrape or pare thin the Hermodactils, after slice it thin or beat it Small, and putt it to the rest, Lett it Stand Some good Space from the fiar, then Straine it and putt it into bottles close Stopt, the next daye drinke there of a competent draught att a time as often as you thinke good, that in two dayes you maye drinke all, lett it be Still made warme as you drinke it a Little more then blood warme, it will purge gentlie, drye upp rewmes take away Aches and ease goutes, Sweat competentlie the daye after purging, It is good to infuse the Sarsaparilla, cortex and Lignum uite in the water 24 howres before you boyle it and putt in all the other ingrediences after it hath boyled a good while and the Hermodactills Last, Sliced thin or made into powd ar

Ambar Pills good for a Consumtion - - -

Take an ounce of Venice Turpentine, unwsht and: 6: graines of ambar, fineley powdered mixe them together and fett it in a cleane pott, uppon a few embars, butt Lett it not Stand to hott now and then dipp, the pointe of a knife in it and dropp it on the bottome of a dish or in some colde fayre water, when the dropp is colde. that it cleaue not to ye Fingers it is Sufficiently boyled. when you perceaue it is well, power it forth, and when it is colde, you shall perceaue it harde and cleare like ambar, then take warme water and putt it into it and it will be Soft Soe that you maye worke it into the forme of pills, which being rolled you must keepe in this pondar following, Take of ambar, corrall Seed pearle and the midst of the barke of an oake of each a quarter of an ounce, cynnamon and nuttmegg of each halfe an ounce, three ounces of white Sugar, beate all these together verie Small, Searce it through a fine Searce, untill all goe through, and putt the pills there in, when you will use them Lett the patient be Sufficiently purged by Some Skillfull, phisition after which, lett him take, three of the forsaide pills att night when he is going to bed, in the morning, lett him take as mutch of the pondar as will Lye on a Shilling, tempering it with the yeolke of a newlayd egg, and Supp it up, this lett him doe untill he fend himself well

A receipt to make the Usuall Diett Drinke - - -

Take of Lignum uite otherwise called guacum, as it is to be bought att the turnars one pound, Steepe it in: 12: wine pints of water 24 howres in an earthen pott, that holdeth as mutch a gaine, soe as it maye be soe Long be kept warme, uppon the embars, boyle it to three pints with Liquorise halfe an ounce, great raysons Stoned halfe a pound annisseeds halfe an ounce, of this Strained Lett the partie drinke a draught in the morning att Seauen of the clock, and att foure att night, half a wine pint att a time, it will Searue for 3 dayes, Still a daye before be readye, with a new, against the fourth daye, you neede make butt-wice a Weeke Then take the Wood Left piked from the raysons

and

A Medecine, to take, inwarde, good for any paine in the Backe - - -

Take a newlayd egg, presently from the henn, pare of the shell of the crowne of the egg, put out the white, and leaue nothing, butt the yeolke, putt thereto a Spoonefull or more of pure red rose water with soe mutch, powdar of mastick as will lye uppon a broade pointed knife, as mutch of the powdar of whitest Amber, warme these things, being stirred, togeather, in the shell, with a few embars and suck it of after the receauing, there of, neither eate nor drinke, for the space of two hourres it will be allsoe good, to applye, some strenghtning, and comfortable, seare cloth and playter to the small of the back where the paine is, Letting it lye untill it fall awaye of it selfe - - - - -

To make, a Suppositar, to Purge, with, upon any, occasion - - -

Take of honey, baysalt and beare or ale of each a like quantity putt thereto a little deare suett and Lett, them boyle togeather, untill it be soe thick, that when you dropp into water, it will forthwith, become hard, when it is boyled power it uppon a trencher, strowe it ouer with the powder of Alloes Sucketrino, and when it is som what cold make it up in little roules, being small att the one end and bigg att the other, when it is through cold anoynte it wth buttar, to make it slipp, and minister it to the partie upward - - -

To make, a Suppositarie, good for those, that are, troubled, with, collick, or Winde -

Take a figg make it as flatt as you can, cleaue it in two, Laye one the outside of one of those parts, 2 or 3 cornes of baye salt, role it up with that side and, the salt in ward, lapp a thred a bout it from the one end to the other, in such sort as it maye be small att one end, and bigg att the other, anoynt it with a little buttar, to make it slipp, and minister it upward to the partie, as the other, you maye doe the like with a good great raysin, being oppened att one end - - - - - - - - - - -

To make, a Suppositor, good, to Purge, gentlie, upon occasion - - -

Take the yeolke of a new layd egg, putt thereto soe mutch white salte as will make it thick add thereto two or three drops of honey, when you haue stirred them well togeather, take a fine Linnen cloth and putt a little of ye stuff there in, binde it upp close with a thred, that it maye be about the bigness of a button, cutt it of and Lett the partie, take this upward as the other - - - - - - - - - - - - -

A medecine, to Staye any Scowering or flux, especially for Woman, in childbed; Exsperienced

Take of the inner barke of a slowbush, the like barke of a running bramble and of a young oake of each halfe a handfull, seeth them all togeather in a quart of fayre running water, with a quarter of an ounce of cinamon, first bruised and a little mace, untill a quarter there of be consumed, then take unblanch allmonds, parch, them in a fier shouell, stampe them an make allmond milke, with the liquor then take rise and seeth it, with soe mutch running water as you maye haue some of the water to remaine, when the rise is sodden, then powre that liquor cleane from the rise, and putt it into the first liquor, before you draine ye your Allmonds and in the liquor, quench two gads of steele, then make up ye Allmond milke and putt it into ye rise, with the powdar of cinamon, mace and sugar finely beaten, and soe boyle it upp as you doe rise pottage - - -

Another medecine to Staye a fluxx - - - -

Take of comfrey, perriewincle, and senacle and Ladyes mantle of each one handfull, boyle all these in a pottle of fayre, running water, untill it be halfe consumed, and make Allmond milke with it butt Lett ye Allmonds be unblanched, drink of this a whole daye if the partie be in exstreamitye - - -

The Dutchese, of Feria: her, Washing of Alloraies a good Purging Pill - - - - -

Take two ounces of ucry good Alloraies, putt thereto a quarter of a pint of the Juce of damaske roses, with as mutch of the sirrup of Violetts, two Spoonfulls of Vinegar then Lett it in a soft ouen

after

Purgations..Glystars..Fluxes..Loosnes..

An ordar howe, to take Alloes, Sucketrino...

Take of the alloes as mutch as a good, beane, warme it ouer a chafing dish of coales, uppon ye knifes pointe, untill it be soft, rolle it upp in three pills, betweene ye hands, with a Little rosewater take them in the papp of an apple, and sugar, halfe an howre after, drinke a draught of possett ale, or sutch like....

To make a Purgation of Seeney....

Take half an ounce of Seeney, and putt it into a pinte of whit wine, put thereto; 5 or 6: of the rootes of pollipodium, the which is the fearne that groweth uppon the oake, cutt them in slices, and putt them therein, with 20: sunn raysons, stoned, a small race of ginger, scraped and bruised, a peece of nuttmeg: cutt small, a spoonefull of annisseeds, rubbed and dusted, putt all these togeather, in to ye wine, Lett them stand all night, and in the morning boyle them togeather, uppon a uerye soft fier, till more then halfe be consumed, straine it while it is hott, putt there to 2 spoone fulls of the sirup of damask roses, stirr it togeather, and drinke it as warme as you cann...

To make a glistar good for the Collicke....

Take penyroyall, thime Hope, mallowes and camomill of each a handfull, boyle all these togeather in a pottle of water, when it doe seeth putt thereto of annisseeds and cominseed of each 5 or 6: spoone fulls, doe Lett them boyle untill it come to a pinte, then straine it into a platter, and putt it upon a chafing dish of coales, and putt thereto a good quantytie of baye salt, and of the oyle of dill, and oyle of hearbe grace, of each of these a good spoonefull, stirr them well, putt them into a glistar blader, and ministar it to the partie, blood warme, a pints enough.....

To make a glister, good to staye the Bloody fluxx....

Take of one cowes milke warme as it cometh from her, a pinte, straine it into a platter and Lett it uppon a chafing dish of coales, putt thereto, of tryed sheeps tallow, or of goates tallow the quantitye of a pretty apple, with the like quantitye of sugar, when these are throughlye melted togeather, then ministar it to the partie, blood warme.....

Another medecine for the bloody fluxx....

Take of chalke finely scraped a sawcer full, temper it as it were dough with the white of an egg as mutch as will make two pretty cakes, bake one of them uppon the hearth, and when it is baked laye it to the nauell, as hott as you can suffer it, when that is cold bake the other and applye it in the same sorte, this doe still with fresh cakes untill it be stayed.....

Another medecine, to staye any fluxx....

Take halfe a spoonefull of the seedes of redroses, dryed in the fitt season of the time of the yeare, putt it into an ale berrie, or milke boyled, with flowar, take thereof, twice or thrice aday and it will help you..

Another medecine to staye any kinde of Fluxes....

Take of the redleaues that growe upon the young springs of an oake, that hath beene lopped, distill them and take 4 or 5 spoonefulls of the water, thereof, if it be for a childe, take butt 2 or 3 spoon full, putt it into an ale berrie, or sutch like, and Lett the partie take there of once or twice adaye, as there disease is and it will help you

A medecine to staye the scowring that proceeds from Weaknes in the Backe....

Take a playter of stone pitch and laye it to ye backe, take of comfrey nepp and clary of each a like quantietie, shred them uery small, beate them with two or three eggs, and make a tanfey thereof when it is baked, putt a Little uerges to it and strowe it ouer with sugar, eate there of euery morning doe Longe as you shall find ouasion, it is good for anie weaknesse or bruise in the back.....

till halfe be consumed, the with an ounce of blanched almonds and Sugar, make almond milke where of Lett the patient, take halfe a pint in the morning and as mutch att the same houre att night when, he goeth, to rest, and the other, halfe pint, the next morning, mingling, with each draught, one ounce of the, Surrupp of marsh mallowes Mrs Stuch - -

A good water for the Stone - - -

Take the young croops of brome, persely pearce stone which groweth on barly land and spredeth on the ground, eldar flowars, and arsmart of each one handfull, bruise them and Lett them, Lye allnight in a pottle of white wine, close stopped, distill them in a Limbeck with a gentle fiar, keepe this water, close stopped, and as ocasion serueth, use this with Sugar, and putt thereof into ye drinke or broth, with, some distilled, milke, Mrs Mabill - - - - - - - - - - - - - -

A Powdar for the Stone - - - -

Take eldarbloomes, drye them gentlie ouer a gentle fier, pound them in a mortar, and searse them through a fine laune, when you make use of them, the best, time being att the new and full of the moone, take as mutch of the powdar, as will Lye heaped, on a Sixpence, wth putting into a draught of whitwine or renish wine or strong ale, take fasting, and walke an howre after if you cann - it maye be taken att anie time, it is good for the stone and wind in the Ste make probatm est Mr Berkner

For the Stone - - -

Of Sirrup of Allthea one ounce and a halfe, Specus electuarij Lythontribon one Seruple, oyle of uitriol 3 dropps, take this with a good draught of Saxifrage water, allsoe new milke hott from the cowe, three mornings, together, one a month, New Milke hott from the cow, in may or June Life honey, dranke a mornings, is good for the Stone - - - - - - - - - - - - - - - -

For the Stone - - - -

Take a drame of the Indian wood called Lignum Niphriticum, beaten to powder or cutt in small peeces, putt unto it halfe a drinking glass of fayre water, Lett it soake there in a whole night in the morning the water will be dyed of a blewish colour, power out this blewish water and putt thereto as mutch renish wine, drink it off and walke uppon it, att night you maye putt as mutch fayre water againe, in the morning power it off as before, and drinke it mingled - with as mutch renish wine, thus you maye continue soe long, as you see the water, hauing - the wood in it, is colloured, by it, when it is noe more colloured, it is a signe, the uirtue is all soaked out, Then must a fresh dram, be steeped, in water as before continue thus, you shall find great ease and remedie:: R V:, - - -

For the Stone, Stranguric, Winde, and Stoping - - - - -

Take hearbe mercurie, mallowes, philupendula, ransens, pellitorie, cliuars, ashen leaues, radish, browne fennell, louage, meade perseley, alius Saxifrage, water cressus, and brooklime of each, two or three hand fulls, shred them small, putt to them, two pound of Lenten, figgs, currants and raysons of the Sun, of each two pound, one pound of dates, the stones first taken out putt all these into one pottle of whit wine, and as mutch Ale, distill all these together in a rose still, add: then to it two pound of white Sugarcandy, and melt it in the water, drinke thereof, mornings and euenings, a wine glass att anie time of the yeare, 3 or 4 times, a weeke as you see and finde the operation, and see cause - -

To Procure Urine, Dr Moore - - -

Take of the topps, or flowars, of lauander, a good handfull; as mutch of the flowers, of mariegolds, both a little dryed, in a shadowed, place, a hand full of the berries, of Juniper, bruised, putt these into a glass bottle of a quart, or 3 pints, with, malmsey, sherrie, Sacke, or good muskadine, Lett the glass close stoped, in the sunne where is noe reflection from anie wall, when the strenght of the flowars, is exftracted into the wine, keepe it for yr use; it will help the Uirtigo, taking about 2 spoonfulls att a time, when you dout that infirmity, it will allsoe oppen the passages and procure urine - - - - - - - -

Abcute one houre after it hath beene ministred, and hath done working soe as the Stomake maye be emty, take 7: Spoonfulls of her Ladyships, water, See waters, for the Stone, and 7: Spoonefulls of white wine, halfe an ounce of, Sirrup of marsh mallowes, or as mutch of Sirupp of violetts, which of those, Sirrups, shall, best, Like the patient, mix all well togeather, make it Luke warme, and drinke it of, during the, time the patient findeth, himselfe, ill of the Stone, this water maye be taken, twice a daye, att 8 in the morning and att 4 in the after noone, att other times, to preuent, it is good, to take, the glister, and the water, soe prepared once a fortnight - - - - - -

Lady: Loucher Medecine, for the Stone - - -

Take a gallon of new milke of a red cow, of wild thyme of Saxifrage of pellitory of the wall of philupendula, of each one handfull, of perseley two hand fulls, and, 2 or 3 radish rootes - sliced, Steepe all these in the milke all night, in the morning distill the milke and the hearbs with a moderate fier, the best time to doe this is about the end of maye, when you use it, take of this water, 6: Spoon fulls, and as mutch of renish wine, or whit wine, a little Sugar, and some, Sliced, nutt megg, make it Luke warme, and drinke it, fast after it: 3: howers, using, some, temperate excerise, take this 2 mornings and two nights, togeather, when you rise and when you goe to bed: as need, shall require, This medecine was approued by one Mr Farnom, Somtime, pentioner, to his Matie who hauing beene by the Space of 30 yeares - trubled, exceedingly, with the, Stone, was, by the use there of, not only ease, and freed, butt allsoe, to his dienge daye, soe, preserued, from that disease, as being oppened after, his dicease, there, was not found, soe mutch, as any, shew of the Stone, in any part of his body since, which time many, haue used, it to, there, great, comfort, probatum est - -

An outward Medecine for the Stone, Prescribed, into - - - Sr Horatio, Paulo, Vicina: by Mr Butlar of Cambridg - - -

Take Smallage, louage, Stonecrop, pellitory of the wall, fumetory and Saxifrage of each a handfull two groates of Stone ponder, wch you shall haue, att the apothecaries, or in steade thereof, the weight of, twelue pence of the pondar of a Stone, taken out of an ox gaule, boyle all these togeather in a pottle of the best whitwine, untill the one halfe be consumed, then take two Linnen baggs as reach from the huckle bone, of that part, which is not pained, to the place greeued, Lett the same bagg come ouer the Nauell of the patient, being well filled, with some of the hearbes, soe to be applyed, to the bare Skinn, as hott as, the patient can endure it, and euer as the heate of the bagg abateth, take, the other, bagg, and applye it as before, and if the patient haue not present ease, in case, the whole, Liquor, be consumed, putt more whitwine, to the hearbes, boyled as before, within one houre, the paine will cease, and neuer, paine you more, and for as mutch as the medecine doth, ouoide, the Stone with great Speede, to the end it maye be more easaly, auoyded Take this possett drinke following, to carrie the grauell the more easaly, there of drinke, Liberally, and begin to drinke, before the application of the medecine, and afterward, the more the better, make a possett of the best whitwine, when the curd is cleane taken a waye, putt therein the rootes of mother thime, of perseley of phylopendula, and of marsh mallows, the pithe of them all cleane taken awaye, and uery thin, Sliced, Lett them, boyle, well in the possett drinke and take it as before - - -

An Almond Milke good, to be used, in anye, exstremity of the Stone -

Take french barly, well washed, and cleanfed, 2 Spoonfulls; of the seeds of purslaine, muskmillion cucumber and pumpion of each, three drams well bruised, of the rootes of perselye fennell and mallowes, washed and the pith, taken out, three in number, boyle all these with a little chicken or a peece of mutton or ueale, which you Like beast, in three pints of fayre water on a gentle fiar

till -

For the Stranguria Mr Burgen - - -

Take of redd cow milke hott from the udar, putt to it a pugill of bettoney leaues dryed, if it be greene it will curdle, the milke, boyle, them, and, straine it, and drinke it in the morning, fasting. some dayes togeather, and fast 2: honers after it, att night take hott redd cowe milke, with a Little white sugarcandy, if the colleriik humor, be not quite exspelled, with this medecine - then take inwardlye, this medecine, wash uenice turpentine in rose water or endiue water. then take powder of Liquoriss, and mastike, pulverified, make Little pills of the washed, turpentine, and powdars, giue 3 or 5 of them to the patient, once a weeke in the morning fasting it is good for those that are troubled with this disease, to eate for sauce, to rost meat, the Juce of mallowes, purslin, uiolets, and cucumber, seede mingled, togeather - - - - - -

A Soueraygne medecine for the Stone - - -

Take the rootes of white saxifrage of perseley, breakstone and ashen keyes of each a hand full. of aringo rootes, two handfulls, bruise them well togeather, in a morter, and tonn them up in a bagg, in six gallons of Ale, wort, or beare wort, drinke of it when it is fortnight old euerye morning fasting, halfe a pint, and fast an howre after, the white, saxifrage - - - beareth a white flowar, and bloweth in the begening of maye, the rootes are red, about the bigness of a pease, and growe togeather, in clustars like grapes, you maye use both the hearbe, and rootes togeather, the best time is to bye them in Aprill, with the perseley breakestone, to keepe for all the yeare, they are to be had, in cheapside, the drye, aringo are best to be had, att the, drugest, for tenpence, a pounde, the persly breakestone is nott easely knowne, butt by the credit of the seller, it seemeth somthing like yarrow, ashen keyes maye be kept all the yeare -

For the Collicke - - Lady Wintour - - -

Quilt some small quantitie of cotten to a Linnen cloth, the same being moderatly warme or hott, take as mutch aqueuite, in a porrenger plate or sawcer, as maye wett the extremitie of the cotton, Lett the aqueuite, be a little heated, that it fume not before, the cotton be dipped or touched in it, there neede noe greate quantity of aqueuite, three spoonfull is enough the cloth, to which the cotton is, streightly, quilted, maye be only of a handfull and halfe in breadth, and a handfull or little more in Lenght, wch is to be applyed to the nauell, and if you find greate paine, to the Stomake for a time, butt it maye not be Longe, for it will procure a dull paine, and trouble, in it, butt placed on ye nauell, it will infallibly in small time, take awaye the paine, it being, used some 2 or 3 dayes att the nauell, below the Stomake, it will Leassen, the winde att the Stomake, it is sufficient that you wett it well, once for 3 dayes - but for the collick it selfe it will disperse, the humor of it presentlye, and doe match more naturallye, in a quarter of an howre then other remedies in a yeare, one which had the collick six monthes, allmost continually, for 3 or 4 times adaye, before he tooke this remedye, since neuar, had it, and hath recouered, his Stomake, which, before, he had absoclutly Lost - - -

Ladie Shellie. her direction for the Stone - - -

Take a pint of new milke and a quart of Ale, make a possett, there of and take of the curde then putt into it one handfull of mallowes, or in the winter 4 or 5 of the rootes, 2 fenell rootes 2 perseley rootes one handfull of uiolett Leaues, halfe a handfull of camomill, one spoonfull of - sweet fehnell seede as mutch annyseedes, boyle all this untill a third part be wasted, away then, straine it and putt into it one ounce and hafe of Sirrup of uiolets 3 ounces of Sugar, one, spoonefull of Sallett oyle, then take of this decoction a pint and halfe, for a glister

aboute

An approued good Powdar for the Stone - - - -

Take the seeds of broome, the cropps of red nettles the cropps of red thyme, the budds of red oake the lights of a fox, the flowers of eldars, Hipp berries, Stone crope, ashen, keyes, orringe pills - Saxifrage perseley seed, gather, all these, simples in there due time, drye and beate them seauerally into powdars, putt these powders into seuirell boxes or bladders, take of euery of these powders soe - mutch as will fill a hasle nutt mingle and, Stirr them well togeather putt them into a pint or or somthing more or Less, of the patient usiall drinke or whit wine, lett it stand close couered in a pott, 12 howres, lett him drinke there of in the morning a good draught, and walke or bowle - or use anie moderate exercise, for the space of 2 or 3 howres, thus, Lett him doe, twice in 7 dayes or one aweeke or fortnight more or less, as he shall feele his greife, this will cause great auoy dance of the, Stone, and hath been proued, - - - - - - - - - - - - - - - - - -

A Powder for the Stone - - -

Take mugwort, in the Spring, drye it in an ouen and beate it into fine powdar, keepe it in drye boxes, once in a weeke or ten dayes, take as of this powdar as you can, take upp betweene ye finger and ye thumbe, mingle it with white wine, and drink there of in the morning fasting Take allsoe the cutting of a line, and burne it cleane in a ouen, keepe the ashes and drink one Spoonefull there of: att a time in a draught of whit wine, it will breake the grauell and ease the paine of the Stone -

A Medecine for the Stone - - -

Take pellitory of the wall, Saxifrage, Holy oake, Smallage, mallowes, and tansey, of each a hand full, chopp them, small, and quilt them in two Linnen baggs, then take a pottle of the uppermost of new milke when it hath, Stoode a while, and halfe a pint of malmesey, with a Little fayre run ning water, putt them togeather in a pott, sett them on the fier and when it doth seeth putt in one of the baggs, and seeth it a while, in that Liquor, then take it out and wringe it betweene two - trenchars, and Laye it to the place greifed, as hott as it maye be suffered, when that bagg - waxeth cold, seeth and applye the other, Still changing, the baggs as they begin to be cold - doe Lett them be often aplyed, to the, greef, untill it cease - - - - - - - - - - - - - -

A Verye good Medecine for the Collicke - - -

Take a toast of the browne bread, two fingers thick; toast it and Spreade it with the best white Sope you can gett, toast it againe, and putt on more, Sope, worke it in with ye knife, as you doe a buttard tost, when it will receue noe more Sope, applie it as hott as you can suffer it, wrapped in a cloth Laye it somthing lower then ye paine, and follow it as the paine remoueth - - - - - - - -

A Present Medecine, for the wind, Collick, in Stomake, or Belley - - -

Take of ambar, corrall and beate of each a like quantitie, seauerallie and Justlie waighed: beate them very, fine togeather, take of the powdar, to the quantytie of a hasle nutt, mingle it with a, whole, nutmegg, finely beaten, take it in a good Spoonefull or two of hott possett or broth and godwilling you shall find preasant ease -

An aproued, good medecine, to procure Urine, is good for Stranguric, Mr Goldsmith

Take of the berries of hawe thorne, a pottle, Stampe them well putt to them a pint of good white wine and Distill it as you doe roses, giue a quarter of a pint of the water, to any patient, that findeth his water, Stopped, by Stone or Stranguric, it will presently giue ease - - - - - - - - - - -

A Medecine for the Collicke - - - -

Take a pound of fennell seed: a quarter of a pound of annyseed, halfe a quarter of a pound of commin seed, laye these in good clarett wine, 24 howres, then drye them and sift awaye the the dust as cleane as maye be from them, beate it into powder, and use, halfe a spoonefull, there of att a time, in ye broth and it will free you, from the collicke - - - - - - - - - -

A Medecine for the Stone - - -

Take a pretty quantytie of sugar candy, and putt it into three or foure Spoonefulls of oyle of Sweet allmonds, newlie made, drink it upp, and walke after it an howre after, which, drinke a good draught of whitewine and Lymons, or whitwine and onions, and you shall find ease, allsoe the blood of a goate, dryed and made into fine powder, a pretty quantytie there of putt into a draught of Ale and drancke is very good for the Stone - - - - - - - - - - -

A Verie Soueraingne Medecine, for the Collicke, and Stone - - -

Take a handfull of Saxifrage, halfe a handfull of grumell as mutch of Sage of uirtue; 4 handfull of redd nettle topps, 3 branches of wild thime, that groweth in grauellie grounde, 3 branches of rose marye and 2 or 3 shells of new layd eggs, drye these in a ouen, and grinde or beate them into a powder, and keepe them drye, take soe mutch of this powder att once, as you can take up beetweene ye finger and ye thumbe, att 3 times, putt it into a competent draught of Ale or beare, drinke it first and Last mornings and euenings, forbeare, fresh beefe, mallards and Eelles

A Good and well Aproued, Powdar, for the Stone - - -

Take the weight of 8 pence in Parmacelly, 2 penyworth of cloues, as mutch of mace as mutch of cynamon, as mutch of annyseed, one penyworth of Small peppar, as mutch of bay berries, as mutch of Liquoress, one handfull of red Sage, as mutch of red fennell, 3 date Stones, 4 acornes 4 cloues of a lilly roote, burne three oyster shells in the fier, untill they will deuide, and take of the, inside of the shells soe deuided, and putt to the rest, all which well dryed must be must be beaten into fine powdar, mixed and searced, togeather, after they are soe tryed with a searce, take the parmacelly and rubb it with the powdar betwixt yr handes, for it maye not be mixed, with the powdar, before it be searced, that done keepe it for yr use and drinke there of, first in the morning, and Last att night, or anie time as ocasion shall require one Spoonefull or more in Stale Ale, or beare or in possett ale, or anie other drinke blood warme and fast one howre, after the receipt, if the exstreamitie, be to great as sutch as Stoppeth the water, take one hand full of perseley, in Summer, and in winter the rootes, and seeth it in old ale, the quantitie of a pottle, till one halfe be consumed, boyle allsoe there in: 20 or 30: pruims straine it and putt there to, one or two Spoonfulls of the aforsaide powdar and drink there of as aforesaid.

A Medecine for the Stone - - - -

Make possett ale of renish wine, and milke if not renish, of the Smalest whitwine, lett the wine be more in quantitye then the milke, putt into the possett ale one good handfull of the Smalest perseley a little mother thyme, and a little pellitorie of the wall, lett it boyle in the possett ale, till one quarter be consumed, wring out the hearbes into the possett ale; Sett it on the fiar with Some Sweet buttar some sugar and one Spoonefull of white peppar bruised, Lett these boyle a Little togather, then drinke there of morning and euening, first and Last for two or three dayes, allso make pottage of charuell and mutton without anie other thing except greate ote meale, eat there of a mornings and to bedward, make possett ale with the Same hearb and drink when you goe to bedd

A Dredge for winde in the Stomake...

Take of the comfects of carrow wayseed, anyseed and sweet fennell seed of each two ounces, putt there to an ounce of corryander seed, 2 ounces of anyseed, an ounce of sugarcandy, grosely beaten eight, knotts of gallingall, cutt in very fine peeces, mingle all togeather, and eate there of as you feele occation, after meales or att other, times - - - - - - - - - - - - - - - -

A Soueringne, Medecine for the Stone...

Take of the seedes of blue violets of the seeds of comon burrs with there little podds, well dryed, in an ouen, of each a pound, of dryed, oken, leaues, 4: ounces, of dryed, saxifrage or samphire, halfe a pound, of dryed, bay berries, 5 ounces, beate all these into fine powder, searce and mingle them well, togeather, take a live, hare, and strangle, him with a corde that none of the blood, be lost, putt him whole or in peeces, into some fayre earthen, or other, conuenient, vessell, feett, gutts head, and all. Sett it into a hott ouen, that as well the bones as the skin, and the flesh, maye, be, beaten, into fine powder, which done, searce it and mingle it wth the other powdars, Lett the patient, take of this powdar as much, as will lye on a groate, in a competent draught of whit wine, a mornings, it will cleanse, and expell grauell, and cure the, stone; to make it haue the more, speedy and forcible operation use the receipt following Take 3 or 4 radish rootes, cutt or sliced very thinn, putt them into a viollglasse, full of white wine, malmesey, or any other, good wine, lett it stand in the sunn, or the ayre 24: howres then take to one part of that wine, two parts of the dounge, of oxen, neither, ouer, fresh or to drye, when they goe to grasse about Maye, with a soft fier, halfe a part of strawberie water, with, 2 or 3 dropps of the Iuce of Lemons, or cytrons, soe as all togeather maye be aboute halfe a pinte, or some what more, into the which putt a peece of sugar, and as much of the aforsayd powder, as will lye, on a groate, Lett the patient drinke it a mornings, wch he maye continue for the space of 12 dayes, or there abouts, as he shall find occasion, the wine with the radish rootes, and the Iuce of lemons or citrons, must be renued euery daye the powdars and waters with good usage, will continue, long, the water of oxe, dounge, will take awaye, spotts and blemishes, in the face, being washed there with in the morning and att night, the best and most usuall waye, to take, the aforesayde powdar, is to make a possett ale of violett leaues, of the leaues of holye oake, or mallowes, and of wild thyme, and putt the quantitye of the powdar, aforsaide, into a little of the possett Ale, and drinke a good draught therof presently, to wash it downe, use, thus to doe, three dayes to geather, soone after the full and change of the moone, you maye ad, a little sugar, and of the Iuce, of Lemons, to the possett ale, to make it pleasant to the tast, -

An approued, medecine for the Stone....

Take in maye a peck of tansey as mutch of featherfew as mutch of plantaine, half a peck or som what more, of syngreene, pound the hearbes all to geather, and straine the Iuce, cleare out of them, keepe it for yr use, and when you, feelle any paine, take a pretty quantytie of the Iuce, thicken it with beane flower, then spread it on a duble, linnen cloth, a hand breadth, and soe long as it maye come about, midle, to yr belly, Lett it be spread all ouer the cloth, and euery morning and euening renew it as it dryeth, continue this for the space of a weeke or longer, time if you find cause - -

Another Medecine for the Stone...

Take the buds of eldar when they be noe biggar then a little pearle, drye them out of the sunn or winde, beat them to ponder, a drinke soe mutch of it as will lye uppon, a french crowne in white wine euery morning -

Another Medecine for the Same, greife - - - -

Take woorwood, featherfew, camomill, Sage, mints and rosemarye of each a handfull, take, a wooden dish of a quart, laye cold ashes in the bottome of it, and fill it halfe full with, hatt embars, Laye yt hearbes on the top of the embars, and heape them there on, then take a napkin, and, laye ouer them, fasten it under the bottome of the dish, and warme it before the fier that with the embars and fier, it maye be through, hott, and Laye it to the place where the paine is, Lett it Lye soe Long as the embars will mayntaine the heat - - - - - - - -

A Powder for the Collick and Stone - - - -

Take the powdars of broomeseed, of eglantine berry seed. baye berrie seede, and acornes, of each of these a spoonefull, putt there to as mutch of the powdar of seeney, as there is of all the reft putt therto, anisseed, and of the powder of licorish of each two Spoone fulls mingle all these together and keepe it for yt use, take thereof as you find ouation, either in yt potage or drinke and you shall find ease -

An assured medecine for the Strangullion - - -

Take of the, berries of eldar, when they be ripe, hang them in a chamber todrye, uppon a thred, when they be drye, you may keepe them all the yeare, eat of them diuars times in the daye, and they will healp you, or if it be in the time of yeare, you maye eate them greene from the tree, they will take the same effect - - - - - - - - - - - - - - - - - - -

A Quintasye for the Stone - - -

Take of the waters of rams perfley, like, pellitory of the wall. beane flowars, Iuy berries harts tounge, bettoney, grumell: of each a pint putt to it as mutch muskadell as all the waters come to, distill them in a Limbeck as you doe aqueuite, draw from it two quarts and keepe for yr use. preserue the muskadell, and the water wch is called the ground, in some glasse bottle, it is of wonderfull uirtue against the Stone, Lett the patient, trubled with the Stone take of the quintasey, halfe a pint, or of the other water a whole pint, Lett him drinke of the halfe pint or of the whole pint as mutch as he is able todrinke, lett him walke after it as mutch as he can, holding, his water, when he can hold it noe longer,, Lett him take butt halfe soe mutch, in the euening, and then he shall not neede to walke soe long after it, before he takes his reft -

A Medecine for the Collick and Stone - -

Take a penyworth of cloues and mace halfe a penyworth of Long peppar, or som what more, a Spoone full of grumell. seed: as mutch of an oxegaule stone as a beane, one ounce of baye berries, the hulls picked awaye, two, acornes, the hulls picked awaye, one spoonefull of sweet bramble, bryar stones two penyworth of turmerick, a spoone full of burr seed, halfe a spoonefull or more of haw stone pound all these togeathar in a mortar, till they be fine powdar, then take as mutch of the powdar as you maye take upp, with, three of yr fingers, or more the more the bettar. if you can endure the bitterness of it, putt it in, 8 or 9, spoonfulls of white wine, luke warme, drinke it in the morning, and if any, stick to the cupp sides, as it will, renew, it with a little more, wine soe, that you maye, take it all, it will ease you - - - - - - - - - - - - - - - - - - -

A medecine for the Stone - -

Take the great end of a marybone, laye it in an earthen uessell, before the fiar, and by force of the same, drawe out the oyle, or marrow, there of, there with anoynt the passages and it will procure ease -

Collicke Stone

A medecine for the Collicke

Take a quarte of posset Ale and putt thereto of Hop and penyroyall of each one handfull a pretty quantytie of thyme, boyle them togeather, in the posset ale, untill the hearbes, begin to looke yellow, then take it of and putt thereto soe mutch, cake soape, as the bigness of a wallnutt and soe mutch, sugar as will make it pleasant, to drinke, drinke there of warme, and it will cause, you to auoyd, grauell

A medecine for those, that cannot make Water

Take, three or foure of the shells of Snayles wash them cleane, and drye them before the fiar beat them into, ponder, then take halfe a Spoonefull of it, and putt thereto a little of the posset ale, before written, and giue it to the patient, lett him wash it downe with a good draught of the same of the same Ale if this will not, help you, take the like quantity of Seate, in Sutch sort as is appoynted for the othar, butt take this with cleare posset ale, and it will healp you butt with all anoynte ye bellye, with buttar, and Ale or beare boyled togeather

A medecine for the Stone in the Kidneys

Take of mallowes of cammomill of pellitory of the wall of each two great handfulls, of howflick leaues a great quantitye, chop all these togeather, very small, then putt there to dryed, elder flowers, fenegreeck meale, and linseed of each of these a good handfull, mingle all these togeather and make there with: 2: quilts, then boyle these quilts in milke, the space of an howre, take them out and, squeese them, betweene two, trenchars, laye one of them as warme as you can, suffer it to the side where ye paine is, when that is cold, laye it into the milke to warme and Laye the other to the side, continue this att ye discreation, it will procure ease

A Drinke for the Same, greife, and is to be, taken, when, you doe aplye, the quilts: if you can, haue, them togeather, if not one, of them alone

Take the chawe, bones of a pike, drye them and beat them very Small in powdar, then take a pint of renish or white wine, slice therein a lemon putt to it as mutch sugar as will mak it pleasant, lett it stand all night, then take halfe a Spoonefull of yr powder, and putt thereto a little of yr wine, drinke it downe, then take a good draught of yr wine, to wash it downe, use this as you shall feele ocasion and it will ease you

A Medecine for anye collicke or greife, that cometh of winde

Take of rosmary thyme: Lauandar, camomill, mints and Sage of each alike quantytie, boyle all these togeather in a quart of malmsey, or for want there of take any other wine, and the like quantity of water, when they doe seeth, putt thereto of anyseeds and cominseed of each, six Spoonefulls, lett them boyle untill halfe the, Liquor, be consumed, then take a bladder of an oxx or a cowe, putt the, Liquor and hearbes, there in, as they come hott from the fier putt there in if you haue it, a little oyle made of eldar flowers, or oyle of cammomill, tye the mouth of the bladder close, and, Laye it to the place where the greife is, as the greife doth remoue follow it, and when it is cold warme it againe, as you shall find ocasion, this will continue good, 5 or 6: times warming

~~~ Wormes ~~~

A medecine for the Wormes, either, in, old: folke or, children~~ it will, procure, Loosnes, and, is good, to preuent, an, ague, in a Child~~

Take, wormewood, and feather fen; of each a handfull: 4: unfett Leekes, chopp these, together and mingle, them, with, the gaule, of a beast, frye them in Sweet, buttar, when they be fryed putt them in the foldes of a cloth and Laye it to the Stomake, lett it come ouer the nauell, fastten it, lett it Lye two dayes and two nights, and then change it if you, see cause ~ ~ ~ ~

To make a Drink for the wormes ~~~

Take a good quantiety of cominseeds, and, boyle them in malmsey, and for want there of in Ale untill the one halfe, be consumed, then take it off, and, drinke there of euery morning warme, and it will help you ~

An oyntment, for the Wormes ~~~

Take a pretty quantytie of garlick, seeth it well in fayre water untill it be tendar, mix it with, sweet, butter, make a playster, there of and applye it to the bellye ~ ~ ~ ~ ~ ~

A medecine for Small, mawe Wormes ~~~

Take a good handfull, of rosemary, Stampe it and Straine it in drinke, and take there of a competent draught, nine dayes, together, if it be extreame use it once in a month or six weekes and as they weare awaye, leaue it by Little, and Little ~

My Lady Brookes Oyntment for the Wormes:

Take an equall Quantity of Sauin and Beach leaues, put as much Lard to them as will wet them well. Then boyle it till the herbes are crisp, take it of, & straynd it and keep it for vse, annoynt the party with it Man Woman & Child from the Throat to the bottom of the belly: Then after it their must bee taken some gentle purge to carry of the dead Wormes: ~ ~ ~

A Ponder, good, for, winde, in the Stomake, or in anye, other part of ye bodye

Take of Seeney one ounce, Seduarge, comminseeds, perfley seed, dill seed, of each two drams, gingar, adrame, cloues, nutt meggs, callamus, aromaticus, Valerian, anisseeds, of each adrame and a halfe, of Sugar, one ounce, make them into fine pondar, and take adram, there of, after, it is well mingled, togeather, first and last, for the Space of foure dayes, and then, but in morning—

A Drodge, good, for Winde in the Stomake — — — — — — — —

Take two ounces of carrowaye seed, comfects, as mutch of fenell seed as mutch of anisseeds — both in comfects, one ounce; of coryandar seed, two ounces, one ounce of Sugar candy, grosly beaten 8 knotts of gallingale cutt in very fine Slices, two good Sticks of Liquorise, cutt in like manner, three, nuttmeggs, likwise, sliced, putt these togeather, in a pleater, lett it uppon embars and, tose, them togeather, till they be very drye, putt it up in boxes, and use it as you find occasion

For Weaknes in the Stomake and aptnes, to cast

Take to a pretty quantytie of wine uinegar, two penyworth of Saffron, beaten small, heat it hott uppon a chafing dish of coales, wett a hand kercher, therein, and applye it to the Stomake as hott as it maye be suffered, and shift it as it cooleth — — — — — — — — — — —

For the, Stomake, and Spleene, and allsoe, for a bruise or Pluresey — — —

Take of muskadine a pinte of red rose leaues and tops of rosemary of each one handfull, of mace, beaten to ponder, a quarter of an ounce, of Sweet buttar, a quarter of a pound, of oyle of roses one ounce, putt them all into the muskadine, lett them boyle untill they be thick, then laye them uppon, toae, and aplye it to ye Stomake, as hott as you can suffer it and soe likewise, where anye bruise is — — — — — — — — — — — — — — — — — —

Mr Short, his reccipt, for Making, the, electuary of, three, Peppars

Take of each of the three peppars the weight, of two and sixpence, orringe or Lemon pills, dryed and of anisseeds of each, the weight of two, pence of Ambar grease, foure, graines of english honie clarified, 9 or, 10, ounces, with a little, decoction of thime, or rosmary, boyle all and make an electuary

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To Make the red, Powdar;

Take of turmentill rootes and leaues, Scabius pimpernell, cardus, bettonie, Scordium, Angellica leaues of each one handfull, washed and dryed in a cloth, shreed a Little, and bruised, putt it into a pint of white wine, and, Stirr, it often, Lett it Stand 24 howres, Straine it and putt it in fresh once more, then take a pound of the best, bole allmoniack, powdered and searched putt it in a bason, and Straine as mutch of the wine in, as will make it like buttar, Stirr well and lett it in the Sunn, and Stir it often, and when it is drye, put in more, soe doe untill you haue putt in all, when you putt in the Last putt in, 12 ℔ of Saffron, one ounce of Methridate one ounce of harts horne in fine ponder, when it is drye make it upp into round, balles — —

To make the Bitter Decoction:

Take one ounce of Gentian sliced, an ounce of Cardus seeds, a handfull of Camomill-flowers, and a handfull of the Topps of Century, boyle all in too quarts of Water till it comes to 3 pints, then drink half a pint in a morning fasting; for 9 days; you may lay an ounce or half an ounce of Juniperberrys and 2 spoonfulls of sack when you drink it

To Make a Posset Ale, to cleanse, anye, Impostumation, or bruise

Make a quart of cleare posset ale, and putt, thereto a great handfull of charnell otherwise called, St marie perseley, as mutch, field dazeis, but take not the rootes there of, lett them boyle togeather, untill the rootes begin to Looke yellow, then putt all togeather into a pott and drinke there of both morning and euening and diuers times in a daye and it will healp you in time, these hearbes, being made in potage with, fennell rootes, the pottage is very soe ueraigne, for the same, greifes, if you doe use to eat, somtime there of being well it will preserue you from Impostums and cleanse you of Bruses - - - - - - - - - - - - -

The Confection, of Quinces, good, for the Stomake - - - - - - -

Take of the Iuice of quinces, and clarified honey, of each a pound or a pint, of excelent wine uinegar a two parts of a pint, deuided in three parts, boyle them on a soft fier, all wayes scumming it, to the thickness of honey, then putt to it this pondar, following and mingle it well, Take of the pondar of long pepper, ginger and cinnamon of each, two drams and two scruples, of cloues and, lignum alloes each one dram and a scruple of muske 8 graines, beat all in to pondar and mingle as aforesaide, the uirtue of this is to strenghen the Stomake and the liuar: to healp digestion and to containe meate in the Stomake, a dram is the weight of Seauenpence halfe penny. a scruple is the third part of a dram -

A Electuary, of three Peppers, good: against Winde in the Stomake - - - - - - - - - And to healpe Digestion - - - - -

Take of the three peppers, each fiue drams, and of anyseeds, thyme and ginger each two scruples and a quarter; mingle these with clarified honey, to the quantytie of a pint, or 4 times as mutch as the spices, the dose of this and of the afore written, confection of is a dram or two att a time, fasting, fasting, two or three, howrs after - - - - - - - - - - - - - - -

A Verye good Water for a Surfet - - - - - - - - - - -

Take three gallons of strong ale and two hattfulls of cowslipe flowers as manie of rosemarye flowers, buds and all, of annisseed:, Liquoress, scraped, and bruised, raisons of the sunn, Stoned, of each, halfe a pound, Laye all these a steepe, in the Ale, all night and after diftill it in a Limbeck, untill sutch time as the water will not burne, then take a sliced nuttmegg, a little cynnamon, and a little white sugar candy, putt these in a cloth hang it in the glasse, where in the water; is contayned, and keepe it for ye use - - -

A Medecine to comfort the Stomake, and to make: one, to haue, delight to his, meate

Take the crumes of sharpe, leauened, whighter bread the quantytie of an ale pint a penyworth of the pondar of mints, spearemints, basilmint or calaminte, a penyworth of the pondar of wormwood - mingle ye pondars, to geather, then take a pinte of wine uinegar and boyle them in a skillett putt in ye powders and ye crumes of bread, being well mingled, to geather, still stiring it untill, it be like doughe, make a cake there of, and Laye it, betweene two clothes, uppon the Stomake on ye Leaft side, when it is drye you maye tempar it againe, and with, uinegar, renew it

A medecine for an Impostumation, that is broake - - - - - -

Drinke the waters of feathergew and cardus, benedictus by equall portions with soe mutch, methridate, as a good, bigg, beane, thus doe, three, times, morning and euening - - - - -

The Milk Water for Doctor Lowers bitter infusion

Take of the Leaves of Meadow Sweet of the Leaves of the blessed thistle Goats Rue of Each 6 handfulls the Leaves of mint and Wormwood of Each 5 handfulls Leaves of Rhue 3 handfulls Leaves of Angelica 2 handfulls, bruise and infuse them in 3 Gallons of New milk 24 howers then distill according to Art

Put to one quart of this water Gentian Roots sliced half a Drachm Cardus seeds bruised 2 Drachms, Tops of Sanctuary a Pugill, Roman Wormwood Three Pugills, Camomile flowers 2 Pugills infuse them a week without heat then strain it out through a Woolen bagg and have Ready steept in a quarter of a pintt of Whitewine 3 Ounces of the fillings of Seal strain it through the bagg in to the infusion and ad to it the Compound Wormwood & Compound Gentian Watters of Each 6 Ounces bottle it up and Corke it close drink Every morning 4 or 5 Spoonfulls ~~Exer~~ Exercise an hower after it in the air fast two howers after it takes the stooll twice a day whilst it is infusing in the whitewine which ought to a week

Doctor Southwells Cordiall watters called Febrifica

Take bay berries of Calamus Aromaticus of Gentian Roots of Galingall of Zeadory of Valerian Root Sweet Fennel of Long pepper Each of all these 2 drachms of Cloves Cinamon of the Roots of Angelica Each one Drachm Let all these be powdered Grossly if hardest Spices then the other bee mix all together and divide them into two parts and put them into a Glass bottle then power upon Each a Quart of brandy or Lees for there must be some Space left for the infusion to work then Let it into the Oven for halfan hower after Manchett is drawne or in the Sun or in some warme place till you see a Red Tincture to a Rise then it is enough see keep for your use upon the Ingridients

It is a good Cordiall Cures the back of Gravell good against Surfeits and Agues Especialy 2 or 3 Spoonfulls put in a quarts of a pint of warme Ale a quarter of a Spoonfull to a Child a quarter old Saffron

The Alsome Wine Lady Atkins

Take the knots of Wormwood before they be blown open, Cardus & Centaury, of each three handfulls, Cardamums Lignum Aloes Galingal Zeduary & Gentian Roots of each one ounce & a half, Rhubarb a quarter & half quarter of an ounce; The thin Rine pared clean from the white of Nine good large Sevil oranges, & Six quarts of Nants Brandy.

Take a large Jar: glass wth a wide mouth, & first put in y^e Cardus & Centaury, then y^e other things. The Cardamums & Aloes are to be beated Small, The Galingals Zeduary & Rhubarb are to be sliced thin & all laid in the glass upon y^e Cardus & Centaury, y^e Gentian Root must be scraped first & then sliced thin. after that Lay the Orange=Peel, & then y^e wormwood on the top of all. Then put in the Brandy Be sure to Stop & tye it very close up, & Set it in the Sun, or by a fire for 6 weeks or two Months. then Strain it out. & keep it close Stop'd up in Bottles for use.

N.B. It is to be taken half a Spoonful or a Small Spoonful in a little white Wine or Sack in a Morning fasting. & fast an hour after it.

A Very, good, Medecine, to Digest, a burgett, or to Put away any greife From the, Stomake

Take the bottom of a wheat Loafe a fingar thick Sett it befor the fiar, the crust side being first towardes the fier, soe lett it toast leasurelie untill it be through warme, then turne the otherside and Lett it tost in like sort, and when it begineth to wax browne, then bast it wth aquauite or with malmesey, and as you doe bast it Lett it soake in before the fier when you haue thuse done, strowe it ouer with the powdar, of mints and woormewood of each a Like quantitie, then putt there to of cloues and mace and a Little nuttmegg, cast a cloth ouer it and Laye it to yr Stomake, as warme as you can suffer it, and role it on with a cloth, lett it Lye 12 howres, then renew it or change it att yr discretion, this doe as often as you see cause

A Medecine for those that haue a Moist Stomake, the which Cometh, of the Reume Falling into the Stomake

Take a toast of white bread of a reasonable thickness of the breadth of yr two fingers the crust being taken off on both sides, lett it be of the length of halfe yr hand, then toast it uerye leasurely and drye butt not browne, laye it uppon a plate, and steepe it well with malmsey, and strow it ouer with the powder of mints, and woormwood of each a Like quantitie, then scrape ouer a good deale of sugar, and cutt it in 3 or 4 peeces, eat of it euery morning fast an howre after, continue this and you shall find ease

A Medecine, for Winde in the Stomake

Take a newlayde egg, and roast it reare, then open the top of it, put out the white that Lyeth on the topp then tempar the egg with a good quantiety of peppar, and annisseeds being bruised eate this fasting, and in the afternone, if cause require, continue this a good Space and it will help you

To Make a Drinke to Dissolue Winde in the Stomake

Take a quarte of white wine, and Sett it to the fyar, in a pewtar pott, when it doth seeth putt there to, a good handfull of sage, an ounce of comminseed, being well rubbed, with a cloth and picked, then lett it Symbar uppon a soft fyar, untill all most the one halfe be consumed, then take it off and drink there of diuers times in the daye with sugar, doe this a good Space, and it will healp you, for want of white wine you maye, take good Ale

A Medecine, for an Impostumation in the Stomake and will, consume it without, breaking it upwards

Take a spoonfull of the powdar of rozin, being fineley, beaten, with a Little ale or beare, and swallow it downe quickly, that it staye not in yr mouth, and wash it downe with a draught of drinke and some times you maye take with it treacle, tempering it uery thick with the powder, it is beast to be taken euery morning and euening but you maye take it any time of the daye when you doe find ouasion, take the quantiety of a great nutt att a time and drink after it to wash it downe, it is good being thus taken to driue any paine or infection from the harte it will cleanse any stuffing or toughtness, from the hart or Stomake, it is good allsoe for a bruise, you shall find the powder to be uery Soueraigne for any of these greefes if you doe use to take it when somtimes, when you are well, you shall be free from these, greifes

New fresh butter 8 pound frankencense in powdar four ounces, fresh cowdoung two or three spoonefulls, fresh hendoung, two spoonfull. a Little Salt, melt ye buttar, and putt in the Snayles boyle them gentlie till they be dead, then ad ye hearbes, bruised and ye othar things, after boyle them all moderatlie, Lett them macerate, 3 dayes, heat them a gaine and Straine out the ointment, which, for Paine, Swelling, or hardness of the Spleene is of Souerainge, uertue it must be Stroaked, from the Short ribbs crose to the Secrett parts - - - - - - -

For the Hardnes of the Liuar

Take the rootes of wild brionie otherwise called wild Vine, a good quantitie boyle them in hoggs grease, and a noynte, the Liuar side, morning and euening, warming ye hands att the fiar

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Good for the Pluresey - - - - -

Take one ounce of burdockes or what you please, when it is Just on flowring redd the burs and drye them, and bruise it into powder, and Searce itt fine, and giue as mutchas will Lye on a Shillinge, in cleare possit drinke, made with garden tansey, for want of tansey, in cleare possett drinke, it Selfe, twice or thrice will Suffice - - - - - - - It is good for falling Sicknes, conullsion, or mother fitts take a Little, Arsafetitoe, Some fewedrops, Spiritt of caster, and Spirrit of Amber, and a little of caster it Selfe, and tye itt uppall in a bagg, and hang itt aboute the parties neck, if uiolently in them, else itt will Suffice to haue it neare them.

Another Medecine for the Spleene - - - - -

Take of capors and currants of each six spoonefulls, being boyled in water before, mingle these togeather and putt, thereto a little vinegar, then scrape, sugar thereon and eat there of one howr, before meate, this is good allsoe to digest Mellancholly and if you thinke yr Spleene be full of wine, make a playster of stone pitch, and Laye it to yr side, Lett it Lye there untill it fall of, This is good allsoe to drawe wind from the kidney or Lungs being soe aplyed

A Speciall Medecine, for the, Jaundies, or any Stoping of the Liuar - -

Take three spoonfulls of hulled barley pick it and wash it cleane, and seeth it as is accustomed, with fayre water, keepe the barly, soe sodden, till you haue, the reast of the things ready take of red dock rootes, washed cleane, the hard pith, taken out of them, and, slyced very small one ounce; of the rootes of Lycorie, likewise made cleane, pithed and slyced, the rootes of ruscus, and the rootes of asparragus of each of these three, halfe an ounce, Raysons of the Sun the stones taken out, two ounces, putt all these into a gallon of cleare, running water, Lett them to boyle with a soft fiar, till you thinke a pint be consumed, then putt thereto of egromonie Lycorie, came, pitheos, eytrach, or Aspleno, Harts toung of each of these, hearbes halfe a handfull earth woormes, prepared, and dryed, the waye of three french crownes, boyle all togeather, till you thinke another pint be consumed and wasted, then straine all through a faire cloth and keepe the Liquor in an earthen, vessell, if you make a pint of allmond, milke, you must take two ounces or more, because there will be loss, of bitter allmonds, blanch them in warme water, and Lett them be putt into cold water, the space of halfe an howr, beat them and the barly togeather very small in the beating, sprinkle, them, with redd rose water, and putt to, by little and little, soe mutch of the Liquor, made with the, rootes hearbes and other thinges afore written, as will make milke according to the allmonds, you must make it pleasant, with sugar according to yr taste be it more or Less - -

A Very good Medecine for the, Spleene - - -

Take the gaule of an ox or two and for every gaule take one pottle of vineger, boyle them togeather till halfe be consumed, and with the Liquor all to, bath yr side, before the fiar, then take a peece of blue woollen cloth, wett it well in the Liquor, and as hott as you may suffer it Laye it to yr side, weare it all daye, use thus to doe every morning and in short time it will take awaye allswelling of the Spleene, Allsoe the outward barke of the rootes of young ashes or when the strengh is not in the rootes, ashing keyes, boyled in wine with a little sugar and dranke is good for the same disease -

For the openning of the Spleene, and to abate, anie - - - - Swelling there of, and to take awaye the Paine - - - - -

Take of featherfew, Tameris, cammomill, mullen leaues of euirie one a handfull, stampe, them and putt to them, halfe a pint of oyle of capors, ad thereto as mutch buttar as will couar, it seeth it till it be greene, then, straine it and there with anoynte the place, first and Last -

For the Stoping, opilation or Hardnes of the Spleene - - - -

Take sothernwood the tops of rosemary, costmary, mints buglose, the leaues of eldar or wallwoort, rue, woormewood, brookelyme, lauandar cotton, cammomill of euery one two handfulls, lauandar, or young, speeke two handfulls and a halfe, blacke, snayles fourpound

new

A Medicine for the Pluresey - - -

Take of the balls of the dounge of horses that are kept in the House Stirr them well togeather either in ale or beare, straine it out that it maye well, for strenght, but not to thick or to fullsome to drinke, unto a quart of that drinke putt a good spoonefull or more of treacle, and a race of ginger, grated small, drinke a competent draught there of Morning, and euening - Lett the patient, keepe his bedd: after, either of the times, lying uppon that side where the paine is, and bring himselfe into a moderate sweate if he cann, this drinke will take a waye any stich, and, expell the pluresey, if it be taken att first, or in time, but if it grow to ex stremity, besides the use of this drinke, take a good, quantytie of brooklime, shred it small and boyle it in soe mutch, brooke water, as will make the herbes uery tendar add therto a good peece of sheeps, sewett, shred uery small, the caule or the part about the kidney is best, when it is sufficiently sodden, putt it into two Linnen baggs, and applye the one as hott as the patient can suffer it to the place greeued, and when that groweth somwhat cold, applye the other, and then againe the first, being made uery warme continue soe one after another for a good space and in 24: howers, it will not onlie ease the paine, butt perfectlie cure the pluresey as it - hath, beene experienced -

A Medecine for Stich, and, is allsoe good for a Pluresey - - - -

Take a quince costard cutt of the crowne, and core it, then take olibanum fineley beaten and of a peach stone, and an acorn, grated, alike quantitie, of ginger and cammomill, halfe soe mutch, a little sugar, then Laye on the crowne againe and Sett it on the embers, till it be throug ly roasted, then giue it to the patient - - - - - - - - - - - - - - - - - -

An outward Medecine, To Coole the Liuar - - -

Take two, spoonefulls of Juice of houselike otherwise called sellgreene, as mutch of the Juice of - sorrell, putt there to, 12 spoonefull of red rose water, and twice soe mutch of woomans milke, putt all these into a platter, and sett it ouer a chafing dish of coales, to warme, putt thereto, a heaped spoonefull of saunders, stirr, these, togeather, when it is warme take one halfe of a red rosecake and Laye the upside of it downeward, in the Liquor when it is warme Laye it to ye side, butt lett it Lye noe forwardar, then the side of ye Brisket, though it doe reach ouer ye back: backwards it forceth not, butt in anywise lett it not come ouer any part of ye stomack: Rowle it on with a cloth and Lett it lye 24 howers, then warme it againe or change it and Laye on a new one this doe for the space of a weeke, then leaue it for the space of another weeke, then as you se cause use it againe, as before, this doe soe long as you haue ocassion and it will healp you -

A Medecine for the Swelling of the Spleene - -

Take of woormewood, mints, setherfew, each an handfull: chopp them togeather uery small, then take the crumms of sharpe, Leauened, breade to the quantytie of halfe ye herbes, mingle these well togeather, then take a pint of good white wine uinegar, Sett it on the fiarr in a - skillett, and when it doth, boyle powre in ye stuff softlie with one hand, and stirr it with the other hand, untill it be thick as dough: then take it off and putt it betwixt, the foldes - of a cloth and, laye it to ye side, some what hott, shift it euery two or three dayes and it will healp you -

A Drinke. to break the Pluresey, and, to drawe, it from the Side - - -

Take two, knots of horse dunge to a pint of white wine, or ale, putt it into a pewtar pott, or Stone Jugg, and when it doth boyle putt yt, knotts hole there in, and putt thereto a race of ginger, bring being cleane scraped, and bruised a little, and soe lett them, symbar, softly togeather, uppon the embars, without stirring, untill a quarter of the Liquor be consumed, then take it off the fiar and power of the clearest of the Liquor and straine it, This quantytie will be sufficient to drinke att twice, and when they drinke it lett them putt soe mutch sugar, to it as will make it pleasant, and lett it be some what warme, drink this, first and, last, as you see cause, and itt will help you

A Medecine, to trye, a Pluresey, from, a Stich, and, is good, for the Stich - -

Take a pint of oates, and halfe a pint of bayesalt, mix them well togeather and putt them into a frying pann, sett them ouer the fiar and parch them well: Sprinkling them often with, winegar when they be through hott putt them into, two Linnen baggs, and Laye one of them as hott as can suffer it to the place, wheare the paine is, if it be a Stich it will shift, then follow it with the other bagg, and allwayes as they be cold, warme them in the frying pann as att the first this doe as you shall find neede, following the Stich as it doth shift with the baggs and it will help you if it be a Stich, else not, if it be a pluresey it will abide Still in one place and thereby you shall know it: probatum est -

To make, Possett Ale, for the Stich: - - - -

Tak a quart of possett ale and of pennie royall, and Stickwort of each a hand full: putt these into yr ale and lett them boyle togeather, untill the hearbes, boyle yellow, then putt a little - buttar to it, and take it off and use it as followeth, Take the powdar of one acorne, and the like quantytie of broome seeds, and twice soe mutch annisseeds, halfe a dozen commin seeds, fineley beaten, mingle all these powdars togeather and keepe it for yr use when you doe feele yr greife, take halfe a Spoone full thereof, and drinke a good draught of yr possett ale, to drive it downe; before you mingle the powdars, togeather putt thereto as mutch Sugar finely, beaten as there is powdar, this doe as you shall feele cause and it will healp you - - - - -

Another Medecine for a Stich - - - -

Take a Turfe of the payring of a flowar, where mutch going is, broyle it uppon a gridiron and bast it with winegar on both sides, when it is well broyled, putt it betwixt the foldes of a Linnen cloth, and laye it to the place where yr paine, is as hott as hott as you can suffer it as the paine shifteath, follow it withall you must drinke of the powder of bayeberries, doe this, as long as you shall feele cause and it will healp you - - - - - - - - - - - - - - -

A Medecine for the openning the Liuar, the Spleene and the Gaule - - And for the Stoping of the Lunges, with a great Cough - - - - - - -

Take of fennell rootes, perseley rootes, and Syserie rootes, and the yellowest of dock roots, of each a hand full, a little of the barke of an ash, the outside being scraped off, boyle these in a gallon of running water scumming it cleane, then put in a penyworth of mayden hayre, as mutch of Sydrake, 4 or 5 good, Sticks of Liquorisse, scraped and bruised, and putt them therein, as allsoe one ounce, of Annisseedes, lett, these boyle togeather, untill a quart of the water be consumed, then putt into the same, a peny worth of red saunders, and lett it boyle togeather, softly, a quarter of an hower, after, straine it into a cleane, vessell, and after it hath stood a quarter of an hower, powar out the cleare thereof: and putt it into a pipkin, adding, thereto: 1: ℔ of raisons of the sun, a quarter of a pound of currants, halfe a pint of capers watered, soe lett it boyle till the raisons be tendar, take take thereof a spoonfull att a time mornings and att foure of the clock, in the afternoone - -

To make a Tistant, to unstop, the Liuar and ~~the~~ Spleene, it is allsoe Good, to Digest, Melanchollie, and to Purge, the Pluresey

Take two gallons of fayre water putt it into a pipkin, and when it doth seeth Scumm it cleane, and putt thereto, two small, handfulls of the beast of the fennell, rootes, being used as in the former medicines, is Sett downe, the, like quantitye of perseley rootes, the, like of Dock rootes, that looke most yellow, both being, cleane, Scraped, washed, and picked, as the other rootes, then putt all these into the water, and soe, lett them, boyle, for the, space of halfe an hower and Scumm them cleane, Then putt thereto, two ounces of mayden haire, one ounce of hydrake, one handfull of the Leaues of wild, tayffly, as mutch of Violett leaues as mutch of endiue, and two handfulls of egromony, halfe a pound of, Liquoress, being cleane, Scraped and bruised with a hamer, two ounces of annisseeds, being well rubbed with a cloth, and winowed cleane, putt all these into ye Liquor, and lett them boyle Leasurelye, a good while, untill it be come unto a very pleasant tast then take it from the fiar, and Lett it stand in the same, pipkin, you must take it in this Sort Take 20 almonds, blanched, grinde them, Small in a morter, as you grind them, temper it with 6 or 7. Spoonefulls of ye Liquor, and when they are ground very Small, and well tempered with the water, then, Straine it and warme it and drink, thus mutch att a time, euer when you doe feele any pricking, or paine either in ye chest or sides, and Sometimes drinke of the Tistant, allone, without allmonds, either warmed or cold, as you shall thinke good, doe this and you shall find ease

An assured, good, Medecine for the Plurecey

Take a Lapfull of Brooklime, cutt of the roots, wash the hearbes and chopp them Small as you would doe hearbes for the pott, then putt them into a sufficient quantytie of water, and putt there to, halfe a pound of sheeps caule, being chopped as it weare for puddings, boyle them to geather untill the hearbes begin to looke yellow, then, take wheat brann, and as you doe stirr it with one hand putt in the brann with the other hand, this doe untill it be thick enough to make a playter, there of, then take it off the fiar, and putt there off, betwix two folde of a cloth and laye it to the side where the paine is as hott as you can endure it, and as it cooleth putt it into the pott againe, and take of the hott, and putt into ye cloth, and Laye it to ye side as before, this doe untill ye paine be gone, and if ye stuff doe wax to thick, you maye putt more water, and of the same tallow, to it, and boyle it and stirr it, well as before, and as you doe applye this medecine, you must eate of this receit following, to cleanse the corruption downeward Take a good roasting apple, cutt of the topp of it, and take out the coare, then fill up the hole with olibanum, being beaten, or else with the white of Frankensense, being cutt very Small then couar ye apple with the topp, and Sett it uppon a fiar shouell, before the fiar, and Lett it roast very soaft, then take it and wring it presantlye, togeather into a sawcer, and temper it to geather as hott as you cann, as you doe temper it Lett one Scrape, Sugar uppon it, and when it is sweet enough, lett the partie eate it as hott as he cann, doe this continually after dinner and supper, soe long as you shall see cause, and it will scowar, the corruption from you

Another Medecine for the Pluresey

Make a cake of leauen, dough, and bake it uppon the hearth, when it is baked, if the pluresey be on both sides, cleaue ye cake in the midst, if it be but in one side, then leaue, the one side thickar then, othar, and spread the thickar side with tarr and soe laye it to ye side or sides, as hott as you can suffer it, and when it doe wax cold, toast it before the fiar, spread it againe wth Tarr and laye it to ye side as before, when you doe applye this medecine you must withall take this drink Following, Take hearb grass, stamp it and straine it with a draught of ale, and when it is strained, putt therto as mutch treacle, as the quantytie of a hasle nutt, warme it a Little and stirr it togeather, and Lett the partie drinke it, doe this three mornings fasting and it will healp you, This medecine of the cake and tarr being used as is heare Sett downe, will ripen and breake any Impostumation either in the back or sides — probatum, est

For a Cold or Cough, and maye be giuen to young or old - - - -

Take a pint of running water, as manie blue currants as will Lye in the palme of ye hand a spoonfull of annisseedes, a pretty quantitye of Liquoriss. boyle them altogeather, till the water Looke, yellowish then putt in as mutch white sugar candy as will make it sweet, take there of 3 or 4 spoonfulls att night going to bed or att any other time of the daye warme or cold - - - - - - - -

A Medecine or buttard: beare for the cold: - - - - - -

Take of Rosmary, Sweet mariorum and Sage of each a handfull, boyle them in strong beare, with cloves nutt meggs, Syndmon, buttar and an egg or two, make buttard beare to drinke morning, and to bedward sweeten it with sugar, Make a bath of cammomill, baye leaues and Lauandar and Lett the patient bath and sweat a Little in it, and annoynte the, stomacke and Limes with capons grease and aquauite

For the Lunges - - Mr Hesket - - - - -

Take comfrey roots: 3: handfulls, Stampe them smale, red rose, leaues, bettanye, plantaine, pimpernell pollygon, scabius, Tuslaginis, of euery one, two handfulls, putt them in two gallons of water and seeth them to three quarts, then straine them, and putt to the Liquor, two pound and halfe of sugar, and seeth it to a surupp, Take halfe an ounce of it first and Last and in the mdole time of the daye and rubb ye breast with the oyle of mace - - - - - - - - - - -

To Procure Sleepe, and Staye the Cough - - - - -

Take two heads of white poppie, huske and seedes, cutt them in 4 or 5 peeces, boyle them in, three parts of a pint of fayre running water, to halfe a pinte, and with that water, strained, from, the huskes and seeds, and aboutte, 20 almonds, blanched, make almond milke, sweeten it with sugar, and you please add to the same, the quantitie of a bigg, hasle nutt of conserue of reed roses, and giue it to the patient to drinke att night when he settleth, himselfe to rest and it will cause good effects, - - -
See for a Breath, for a cold, amonst the, Brothes, prescribed by, Do^r: Arslowe - - - - -

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Another Receipt for a Cough:

Take 4 ounces of conserve of red roses, 2 ounces of White Sugar Candy and of brown 2 ounces of raisins of the Sunni Stone, beat all these together in a Stone mortar till they come to one substance; then put to it 12 drops of the Oyle of Sulphur six drops of the Oyle of Vitriol, beat them altogether till they bee all of a Colour. then take the Quantity of a Walnut, fasting an hour after it and at night when y^u goe to bed:

Lozenges for a Cold: In Ireland Way:

Take a pound of Double refind sugar, half a pound of White Sugar Candy, 8 grains of Pearl in fine powder, 2 grains of Musk as much of Ambergrice mell these in red rose water, with a little Lemmon pill grated, and a very Little juice of Lemmon, put in the juice but just before y^u drop it into Little Cakes, y^u must boyle it to a Candy heigth, before y^u put in the juice of Lemmon, which must bee but very little

For a Cold

Drop of Balsome of Sulphur made upp with spirit of Turpentine 15, 16 or 20 drops if it bee thinn into one ounce of powder sugar and mix it well together you may send for 2 drams of the Balsome of Sulphur

Doctor Cole

Cast awaye the dreggs and euery morning and att night giue the partie, nine Spoone fulls todrinke and it will haue effectuall operation - - - - - - - - - - - - - - -

A Speciall good Medicine, and, will keepe those that Doe use To take it, from falling into a Consumtion - - - - - -

Take two new layd eggs and Sett them into the embars untill they be through warme, butt Sett not the white be hard, then make little holes in the tops of them, and power, forth the whites as cleane as you can, and fill upp ye eggs with red rose water, ponder of Synamon, and Sugar, then warme them againe inthe embars and soe eat them, use this and you shall find it uery effectuall - - -

A Verye good Medicine for the Cough - - - -

Take english honey, halfe soe mutch Sweet buttar, as mutch of the Juice of Hopp as you may guesse to be the quantitye of a quartar of the honey, and buttar, boyle these a Little togeather, Stiring it well, when it is cold make a toast and eate of this 3 or 4 mornings, if the cough be soe ex Streame that it goe not awaye att first with in 2 or 3 dayes use those tost againe, and by gods heaip you shall find great ease -

An aproued medicine for a cough or for a colde and for breaking of Fleame -

Take Hope, balme, horehound, pene royall, and primrose, leaues, of all these to geather about a - handfull - one Spoonefull of annyseeds, bruised, one Spoonfull of Liquorise Sliced uery fine - putt all these togeather in a pint of good ale, with a little Sweete buttar and a Little - Sugarcandy, seeth all these togeather untill, a quartar of it be Sodden awaye, then Straine it through a fine cloth, and drinke of it Morning and euening: 4 or 5: Spoonfull att a time as warme as you cann

A Medicine for the Stopping of the Pipes - - - - -

Take a hand full of Seathergen, Seeth it in a pottle of Smale, beare, untill the halfe be consumed - then Straine it and putt to the drinke three ounces of honey and one ounce of Liquorise, and the like quantitye of annyseeds, beaten into pondar, seeth them a little and drinke it first and Last - -

A Medicine for the cough, with Shortness of breath, it hath cured, Some - Troubled therewith, togeather with a continuall Seauar, - La Russell - -

Take of Scabius, and cardus benedictus of each a like quantitye, boyle them with Liquoriss and annyseeds in a quantytie of water from a quart to a pint, and to halfe a pint there of putt, 3 Spoonefulls of Sirupp, of Vinegar, water and Sugar, called, Syrrupus, Acetosus, Simpl and soe drinke it warme or rather cold, which is deemed Sittar - - - - - - - - - -

A Powder good to breake, and help a great Cold - - - - -

Take annyseeds and Liquoriss of each an ounce, ginger, alicampane rootes, the Lunges of a fox, of each the weight of eightpence, make all these into fine powder, and putt thereto halfe a pound of fine Sugar Searse all these through a fine hayre Searce mix them alltogeather with the Sugar and eate there of as you find ocation - -

To cutt and Voyde, tough, Fleame, in young or old: - - - -

Take wine uinargar, Hop water, Sallett oyle, white Sugarcandye of each a pretty quantytie boyle them togeather, uppon a soft fiar and giue the patient a Spoonefull att a time - - - - - - -

To Make a Water of Liquoriß to cure the Stoping of the Lunges To healpe the Shortneß of the breath or Loße of Speech, the Which cometh of the Suffocation of the Lunges - - -

Take a quart of faire water and when it doth seeth, Scum it well, then take, three good Liquoriß, Sticks, Scrape them cleane, and bruiße, them with a hamer, very mosie but not to ponder, then cutt them in peeces of an Inch and halfe long, and soe putt them into ye water and Lett it boyle, till it doe taste Strong of the Liquoreß, and Looke of a deepe yellow, then putt there to as mutch Sugar as as the quantitye of a good apple, Lett it seeth and scum it very cleane, soe take it off and putt it into a: and take continually of it in this sort, hold one of the Sticks of Liquoriße in y mouth and wett it often in the Liquor, soe Suck the Liquor from it, and when it is drye wett it againe, thuß doe continually till you find ease and Somtimes take a spoonefull of the Liquor and Lett it goe Softlie downe, there is noe healp in any medicine unleß it be trulie miniſtred according to the true precription there of, This water, helpeth allso the pluriſie, being being dillegently taken in Sutch Sort as is heare Sett downe -- probatum est - - - - - - - - - - - - - - - - - -

A Tistant: Either for Lunges or Stomacke - - - -

Take harts toung, liuarwort and Longwort, Colts foote, mayden haire, a Little: ella campana rootes, raisons of the Sunn Stoned, Sum Loquoriß, Scraped and Stamped, aniseeds, bruised, Lett all these be boyled togeather in faire running water according to the quantytie of the hearbes and when it is Sodden, Sufficiently that the Virtue of the hearbes be in the water Straine it, and drinke att any time when you will - - - - - - - - - - -

To Make a Ponder for the Same, to beate with - - - - - - - - Meate, Insteed of Salt, using it but now, and then - - - - - - - -

Take the lunges of a fox: wash it in whitewine and Laye it in whitwine 12 howers, drye it in a faire cloth, and Sett it into an ouen, till it be soe drye as it maye be beate to ponder, putt to it a Little ponder of Liquoriß, finely beaten, a Little anyseeds, finelye beaten into ponder a Little Sugarcandy allsoe made into ponder, Lett the greateſt quantitye be of the fox Lunges when you eate not of this ponder, take 2 or 3 times adaye, Some conserue of Red roses -

A Medicine for one, that is in a consumtion - - -

Take a quartar of a pinte of new milke, as it cometh from the cow, or goates milke, and uſe it after this manner, take anew Layd egg and poach it as, keare as you can possible, then taking it out of the water, putt the yelke into the milke, stir it a Little uppon a soft fier, not suffering it to boyle sweeten it with manas christie, or good Sugar, and drink it in the morning fasting: and att night when you goe to bedd -

Another Medicine for a consumtion - - - -

Take a pinte of milke as it cometh from the cow, a pinte of redd rose water, the yeolke of 30 new layde eggs, one ounce of Sinamon, bruised, putt all these into a distillatorie, and distill it with a soft fiar uſe a spoonefull or two there of in sutch broth as you eate or in any other thing, att any time when you please this is good to uſe in the former receipt - -

A Medicine for the Chine cough, and cough, of the Lunges, many: times, exsperienced:

Take 2 or 3 handfulls of Scabius 3 or 4 rootes of enula campana, Scrape them, Slice them and bruiße them in a mortar, likwiße, gallingalle, cutt and bruised with fennell rootes, the like quantytie then take a pottle of good ale and putt the rootes into it, bruiße the Scabius with y hands in the mioſt and putt it into the ale and Lett it boyle from a pottle to a quart, when it is allmoſt Sodden putt it into a bason and Lett it Settle about 10 howers, then take the upermoſt of it putt it into a cuppe

cask

Full of redd rose water to quaile it with, then take it off the fier and lett it stand a while then take a course holland cloth, and wett it and wring, the water cleane out of it, then power ye Liquor, thereon, and hold it or hange it uppon a pinn, soe that the whaye maye dropp from it, and when it hath done dropping, take out the stuffe and putt it uppon a dish putt there to a pound of sugar finely beaten, then sett them uppon a chafing dish of coales and stirr them well togeather soe lett them boyle for the space of halfe an hower, then take it off and when it is cold putt it in a glass or gally pott and keep it for ye use, when you doe use it, eate therof, first and last and att other times of the daye, att ye diseretion, and you shall find ease

A Medicine for the Bleeding of the Lunges - - -

Take a spoonefull of the powdar of corall being finely beaten, and six spoonfulls of the conserue of red roses, mingle these well togeather and eate there of, diuers times in the daye and withall you must eate uery often both by daye and night of the conserue of redd roses alone, the conserue that must searue for this greife must be made with 3 pound of sugar, to a pound of red rose leaues, the whites being clipped off, use, this and it will in short time help you

To Make a Barley Crame that is good for:- All Diseases: of the Lunges, or anye hott, Sicknes:-

Take a quarter of a pound of french barlye wash it cleane, boyle it in faire water, and when the water is red, shift it into hott water and boyle it againe, thuse doe soe long as the water doe change to red, then putt there to a fennell roote, and 2 or 3 perfley rootes being picked and scraped, and lett it boyle untill it be thicke like, frumentye then take it off putt it into a bason or earthen vessell and lett it stand all night, then take a quarter of a pound of almonds, blanch them in cold water and grinde them in a mortar wth 5 or 6 spoonefulls of ye boyled barley, with the liquor untill the Almonds be uery small, then straine it with this water following, Take of Violett leaues of Lynk foyle, Strawberie leaues, endiue, of each alike quantytie, soe that you haue in all a great hand full, boyle all these togeather, in faire water, with a good Liquorise stick cleane, scraped and bruised and when it hath boyled well, straine ye allmonds there with, this proportion of Allmonds and barly will serue to make a pint of creame, and when it is strained putt there to 3 or 4 spoonefulls of red rose water and soe mutch sugar as will make it pleasant, and drinke there of, warmed, in the morning afternoone, and going to bedd, you must drink it leasurely a pint will be sufficient for a daye, the rest of ye boyled barley will searue for twice or thrice more or perhaps oftner, Lett it be all wayes soe thick as good, almond milke, in wintar it will keepe two dayes, butt in sumar, you must make it fresh uery daye

To make a Tistant for those that haue the Cough of the Lunges - And will Healpe them though, they be entred into the first - And Second: degree of a Consumtion - -

Take a gallon of good smale ale put it into an earthen pipkin, boyle it and scum it cleane, then putt thereto, a great handfull of sage, as mutch of pennyroyall, one handfull of fennell rootes cleane scraped, washed and pilled from the pith, as in the former medicine, with: 6: perfley rootes dressed in the same sort, Lett all these, boyle togeather, and when it is cleane scumed putt there to: 3: good spoonfulls of annisseeds, cleane picked and a little bruised, 3: ounces of Liquorise cleane scraped and bruised with a hamer, halfe a pound of Razins, the stones being taken out, ten figgs, quartered in foure peeces, then boyle all all these togeather on a soft: fier, untill allmost the one halfe be consumed then take it off, and lett it stand in the same pipkin, and drinke there of, as you doe the other Medicines, and it will help you

A Medicine for the Cough of the Lungs and will healpe Them that haue had it Longe time,

Take the hearbe caled foalefoot, drye it and make it into ponder then take a Chafing dish of coales and putt of this ponder uppon the coales, then take a funnell and couer the coales there with, Hold ye mouth to the small end of the funnell, and take the steame att ye mouth noe hotter then you cann well endure doe this in the Morning and att night, first and last for the Space of 3 or 4 dayes, and if ye cough come of a Hott Rhewme it will drye upp the Rhewme and healp you - - - - - - - - -

A Possett ale: for the Cough thatcometh of an hott Rhewme,

Make a quart of cleare possett ale, made of ale: then take of Sinecle and foalefoote of each one handfull, putt them into ye possett ale with a Stick, of Liquoresse cleane Scraped and bruised, boyle all these togeather untill halfe a pint be consumed, then putt it in a pott and drinke there of warmed in the morning fasting, in the afternoone, and att night when you goe to bedd: drinke it Leasurly a good quantity att a time, continue it as you find cause - -

A Medicine for, an Hott Rhewme.

Take a quart of faire water and boyle it with a good peece of white bread untill halfe a pint be consumed, then putt thereto as mutch sugar as will make it sweet, putt it uppp in a pott and couer it close and drinke there of diuers times in a daye, butt before you drinke there of, putt up the Vuola of ye mouth with ye thumb, drinke it Leasurely, a good draught att a time, then take the Quilt for the rhewme which is written before in this Booke made of Sage, baye Salt, brann: and flax and Laye it to ye head as is there expressed -

A Medicine and Quilt for those that haue, a drye: and Weake, cough Which cometh of the drinesse of the Lungs or of a Salt Rhewme - - The which is most incielent to them that are Aged - -

Take a peece of Linnen cloth of the compas of ye breast, cutt it soe that it maye be fastned behinde ye neck: then take blacke wooll, toose it light, and bast it Lightlye uppon the cloth the compase of ye breast, that it maye come close upp to ye throate, and camell bones then moysten it with the oyle of sweet Almonds and Laye it to ye breast, renue the moytning once or twice a weeke as you shall see cause, and with all take the Syropp of Liquorise or Scabios which you shall find written a mongst the Syrops, you must take it in this sorte lick it out of a sawcer wth a Liquorisse Stick, being Sagged att the end, and soe suck it from the stick and swallow it Leasurely doe this diuers times in the daye and it will help you all Siropps for the Lungs must be taken in this Sort - -

To Make a conserue for the Same Greife.

Take a quarter of a pound of almonds and Laye them to blanch in cold water, the space of 2. dayes and 2: nights then blanch them and wipe them cleane with a cloth, then take an ounce of the kernalls of pine apples and pick them uerye cleane, beat the almonds and them togeather in a mortar, then take of redd rose water, Hopp water, and horehound water of each a like quantytie, to the quantitye of a good pint in the whole, temper ye almonds and kernalls there with, as you beate them, and soe beat them uery small, then Straine it and sett it uppon the fier in a skillett and when it doth seeth putt thereto a sawcer

full

A Medicine for a Sore throate - - - - -

Take halfe a handfull of cullembine leaues, and the like quantytie of Synckfoyle, boyle these in a pint of new milke, and drinke there of diuers times in a daye, as hott as you cann use this, as you shall haue neede, and it will healpe you, or elce take a Sens eare, and putt in ye drinke, and drinke thereof att ye meales, and att other times, and this allsoe will help you - - - - -

Anoather for the Same - - - - -

Take the conserue of blackberries, that doe growe uppon brambles, and eate a good quantytie thereof in the morning, att middaye, and att night, and it will help you, you shall finde the making there of - amongest other conserues in this Booke - - - - - - - - - - - - - - - -

A Medicine for the Quinsey or Swellinge - - - - - of the Kernalls in the throate - - - - -

Take a redd cocke, of a yeare old, or more, cutt of the Leggs, and slitt him in the back, and doe laye him about the sore part of ye neck, the gutts and all as warme as you cann, and lett it lye there the space of 12 houres, and it will swage ye kernalls - - - - - - - - - - - - - - - -

Anoather for the Same - - - - -

Take pampilion, an oyntment that you shall finde, hearafter in this booke, and anoynte the place diuers times in the daye, and in time it will asswage the swelling of it, or anye other swelling in the neck, if it be taken before it be growne to putrification - - - - - - - - - -

A Gargle for a Sore Throate - - - - -

Take a quart of springe water, lett it boyle a Little, on the fier, then take of collembine, of Synckque foyle, of plantaine, and of honeysuckle leaues, of each an handfull, 5. figgs cutt in peeces, halfe an ounce of quince seedes, and if it be a cold Rheume, add there to a Little sage, elce not, when it is halfe boyled, putt to it as mutch clarified honey, as will somewhat alter the coler of it, and when it hath boyled a Little, togeather, take it upp, and straine it, and use it euening and morning, being gargled somewhat hott, continue it as you shall see cause - allsoe rice, and white salt mingled togeather and dryed uppon a very hott fier, shouell, and soe made into fine ponder, is good for the same disease - - - - - - - - - - - - -

A good Medicine for the Kings euill: beinge, used, in time att the Begineing And, is good for anye other Swellinge in the throate, or anye, other, part of the Body

Take a prettye quantitie of slices of coure breade, either of wheat or rye, that is strong of the leauen, and an handfull of redd, dryed rose leaues, boyle these in a quart of beare, and when it becometh somwhat thick, putt thereto 4 or 5 spoonefulls of English hony, and on a cloth applye it warme to the place greiued, after 12 houers shift it, and applye fresh as you shall see cuation - - - -

For a Sore throate a Gargle, - - - - -

Take a handfull of Sopp, 3 or 4 figgs, some raisons of the sunn, stoned, 3 or 4 spoonefulls, of annyseed, and Liquorise cleare scraped, boyle all togeather and when the strengh of the hearbes is well out, putt in a spoonfull of honey, lett it boyle till the scumm, riseth, then clarifie it, and there with, somthing warme, gargle often

For the Rickits - - - - -

Take 12 good spoonefulls of harts, tounge, water, 4 spoonefulls of sirrup of cloue gilly flowers, Arkermist as mutch as a good hasell nutt, with: 5: dropps of spiritt of sulpher, giue of this cordiall: 3 good spoonefulls, first in the morning, and last att night, for 3 dayes togeather and rest 3 dayes, take it this manner till the doye be done, the child must eate noe milke - - - - - -

Anoather Medicine for the Same - - - - -

Take as much alybaster, as the quantitye of a Little tenis ball, heat it redd hott in the fier putt it soe hott into halfe a pint of white wine, Stirr it with a spoone, untill the alybaster be disolued, then take a spoonefull there of, and applye it to ye tooth, where the paine is, after a little Space. Spitt out that, and take as much more, soe continue it and you shall find ease

An approued Medicine for a Disease - - - - -
In children called the Thrushe - - - - - -

Take aboute a spoonefull of English Honey, and clarifie it, putt thereto as much of the powder of burnt allome, as will lye on a penny, soe much mosse of a blacke thorne, burnt to ashes, as will lye on a peece of twopence, and a Little wheat flower, bogle all togeather euery Little, Take the quantitye of halfe a pease thereof, att a time, on the topp of ye Little finger, and therewith: annoynte the inside of the childes Lipps, doe it often: and in few dayes it will help

Teeth: - - - - -

Take Sage, and rosemary, and organe, and rootes of pellitory of Spaine, of each two handfulls butt of the pellitory, one ounce, boyle all these in a pint of rose water, untill it be halfe consumed, then Straine the hearbes from the water, and putt the water into a bottle, close stopped, and you must putt into it 2 ounces of bay salt, when you use it, you must putt a quarter of a spoonefull uppon a course towell, soe rubb ye teeth euery Morning - -

For the Toothach - - - - -

Take white wine uinegar, a quarter of a pinte, and a handfull of hysop, and boyle it a quarter of an howrer, or better, and take a Spoonefull or two uery hott, and hold it in the midst of the mouth, where the paine most is, put that out, and Soe doe untill the paine be a Swaged - -

Skumm it cleane, and soe take it off, and putt alltogeather in a pot, and use it as followeth take a sawcer full of this water, with some of the leaues, of Sage, wood bind, and plantaine and when it is warme, take a cleane cloth, and lapp it about ye forefinger, then wett it in the liquor, and rubb there with ye mouth, and gummes, and under ye tongue and then spitt it out, and laye of the leaues about the gummes, and under the tongue letting them lye there a little while, then spitt them out, you must dresse it in the morning fasting, about 4 of the clocke in the afternoone, and againe when you goe to bedd: if the disease be in the throate, lapp ye cloth about the end of a flatt stick and lett it hang an inch ouer the end of the stick, then fasten it with a threade and wett it in the liquor, and soe wash ye throate, there with, and after wash ye mouth with the liquor, allsoe doe this as often as ocassion is - - - - - - - -

A Medicine for the Rheume in the teeth - - - - or Gummes. Mrs Maynard

Take two or three quinces, as they come from the tree, if you can gett noe sutch quinces, others that haue bene kept to take will serue, boyle them in faire, runing water, till the water be very strong of the quinces, then take out ye quinces and putt into the liquor one handfull of sinek foyle, with a handfull of spearmint and lett them boyle togeather, till the hearbes be tender, then take the water from the hearbes, and putt it into a glasse, and keepe it for ye use, it will last all the yeere, and allwayes when ye paine increaseth, take a little of it in a sawcer, and heat it upon a few: coales, then wash ye gumes: and garle it: and in 2 or 3 times using it you shall find ease

A very good Medicine for the toothache - - - - -

Take of Hope, and Sage, of each 3 or 4 cropps, one roote of henbane, if not the roote, then take, halfe a dramm of the seede, pellitory of spaine, staueaker, of each one gale, of camphora, one scruple of alani halfe an ounce, honey one spoonefull, vinigre one pint, and of rose water: 12 spoonefulls boyle: all these togeather, till one part be consumed, then putt it in to a glasse, and with three spoonefulls of this warmed, wash ye teeth every Morning - - - - - - - - -

A Medicine for a Canker in the mouth or Throate: - - - - -

Take of wine, vinigre, halfe a pint: a pretty handfull of the greene barke of elder, scraped cleane, boyle it well till the strenght be taken awaye, then take awaye the barke cleane, and putt there to, three: or foure spoonefulls of honey, a good race of ginger, searsed, or made into fine powder, boyle it a little, and with a cloth fastned, to a stick, rubb well the soare, twice or thrice ad aye -

For a sore Mouth that Children use to haue in breeding of there teeth - -

Take toade flax otherwise called stagger wort, bruise the greene there of well in ye hand: and: laye a good quantitye, under the chinn, and sawes of the childe, fasten it with a cloth, and change it one in 12 or 14 houres -

For the toothach an aproued Medicine - - - - -

Take of the powder of liquorisse: ginger: fennell seed, of each two drames and 3 drames of the leaues of origanum made into powder, and there with fill the hollow tooth and it will presently ease - - -

Anoather Medicine for the toothache. - - - - -

Take of the Juice of groundsill: putt it in some open glasse, or vessell, moysten some crummes: of whitebread in ye mouth, and make 2 or 3 like small bullets, or pease, laye first one in the Juice a little space, and applye it to the akeing tooth, and when that groweth hott, applye anoather cold, and soe continue it untill you find ease - - - - - - - - - - - -

A Medicine for the toothach:.....

Take a spoonfull of the powder of galls, and as mutch of the powder of rose mary budd being dryed, take halfe as mutch of bruised pepper, and the like quantytye of the powder of allome, then take as mutch honey, as will serue to temper it well togeather, like a conserue and putt it upp in a pott, or box, and keep it for yᵉ use, and when you doe use it, take a little of it, and make it in a ball, and if yᵉ tooth be hollow, putt it there in, if not hold it betwixt yᵉ teeth, and right uppon the tooth that aketh, and lett the water as it falleth, runn out of yᵉ mouth, this will drawe downe the Rheume, if it be a worme it will kill it, and it will burne upp the marrow, use this as you have ocassion and it will help you

Anoather Medicine for the toothache.....

Take an henbane roote, scrape it, and wash it cleane, then slice it, and boyle it in a good good quantytie of wine winegree, and three spoonefulls of rose water, boyle these togeather uppon a chafing dish of coales, in a platter, untill the winegree be consumed, that it will scarse couer the rootes, then take it of, and take one of the slices, and hold it betwixt yᵉ tooth, somewhat warme, uppon the tooth that doth ake, and take a little of the liquor in yᵉ mouth warme, and leane yᵉ head on that side yᵉ greife is onn, and after that you have holden it in yᵉ mouth, for the space of halfe an houre, hauing changed twice or thrice, in that time, then putt it out, doe this as you shall have ocassion and you shall find ease probatum

A Medicine to Skower the teeth: to make them deane: and: Stronge: and to preserue: them from perishinge: beinge: used: twice or thrice: a Weeke.

Take of corrall, and of amber, being fineley beaten, of each alike quantitye, then blend them with as mutch honey, as will serue to make it like a conserue, temper these well togeather then putt them into a glasse, and keepe it for yᵉ use, and when you doe use it, take a little of it on a course cloth, and rub yᵉ teeth there with, as mutch as a barlye corne will serue for all yᵉ teeth

A Medicine for those that haue Lost there Speech..... Either by Sicknes feare or otherwise.....

Take a primrose root, scrape it cleane, then take a slice of the inner part of it, of a good thicknes and putt it under the partyes tounge, then annoynte the noddle of his heade, the nape the nape of his neck, and about his eares, and Jawes, with the oyntment for the palsey you shall finde the receite heare after in this booke, chafe it well, and lapp a cloth a cloth about it, being butt warmed att the fier, and soe lapp it upp close with sufficient clothes, to keepe it warme, dresse him thus once in 12 houers, and continue it as you shall see ocassion, toomutch heat of the fier is hurtfull, to those that haue the palsey butt warmth is good..

A Medicine for those that haue a Canker in theire Mouth...

Take a pint of white wine, and as mutch of faire water, then take of the litle slipps of rosmary of hearbe grasse, otherwise called rue, and of sage, of each of these halfe a handfull, and of woodbine leaues, and plantaine leaues, of each of these an handfull, and when yᵉ liquor doth boyle, then putt in all these earbes, being cleane washed, and soe lett them boyle softlye, untill the hearbes beegin to looke yellow, then putt thereto as mutch allome as will make the liquor to tast very sharpe, or rough: uppon yᵉ tounges end, then putt thereto as mutch honey, as will make it looke yellow, and to tast very sweet, then skumm

A Medicine for the Morfewe. - - - - - -

Take the rootes of Bryany, Still them: drye them in an ouen, then burne them to ashes, in after shouell: take the ashes there of, and the meale of beares, a little cake of brimstone, and a little white vinegre, and putt all these thinges into Stilled water of elder flowers, and att the first mingling of them. Stirr all togeather, and with a little cloth dipped in this water, wett where the morfew is come out - - - - - - - - - - - - - - -

Another Medicine for the same: - - - - -

Take fumitory and make there with a possett, and drinke of the possett ale in the morning before you rise, and Sweat two houers after, then take the powder of Seeney, and seeth it in ale, with annyseeds, and Sugar, and drinke there of likewise in the morning and then take a new layd egg, and laye it in white wine, vinegre, for 24 houres after pricke the egg, with a pinn, and take that which cometh out, and anoynte the morfew and it will goe awaye -

For any Swelling in the face - - - - -

Take of the Juice of Selandine, and Rhewe, with the white of an egg, and wheat flower make there of a little pultes, mixing it well togeather, Spread it on Lockrome, annoynte the place with honey, and soe applye it, till it fall of it selfe, - - - - - - - - -

The Mirr Water

Take a gallon of Snailes: Sprinkle them well with Sack: when they haue Scowered them Selfes, take them outt of there Shells: putt them into a Cold Still, and the Leafes of about: twenty white Lillies: Sprinkle: them well with Sack: take: two ounces of good mirr: bruise itt: and putt itt amongst: the Snayles: and Lillies - Still itt with a gentle fiar, itt will be two dayes a Stilling: I doe putt in a quart of beane blossoms: and a pinte of Sack - - -

For Yallowness of the Skinne: - - - -

Putt a spoonefull of mustarde Seede: into one pinte of whitwine the yeolkes of: 3: new Layd eggs, thatt are roasted harde: you must use itt nights only: and nott rubb: the Skinne: butt wipe itt with a wett Cloath: old Sherry Sack: make a possett of new milke, and the Juice of two Lemonds: wash the face: the next day with: - - - - - -

The Talke Water - - - -

Take: 4: ounces of white benjamen: putt itt into the receuer of this following Liquor, take one pound of talke, one pound of bitter - allmonds: blanched: and beaten: one quart of white due Snayles, the blos - oms of white Lillies: beanes: and rosemary: of each: one hand full: putt all these together in a Still: with new milk: fill youre Still: - - - -

A Medicine to cure a face that is Red - - - - - and full of Pimples - - - - -

Take twopenny worth of quick silver, putt it in a little glasse, and putt there to soe mutch fasting spittle, as will serue to kill it, then shake them well togeather, the quick silver when it is killed will looke like dust, then take sutch a stone as paintery doe grinde there cullers uppon, being cleane washed, and take of the oyle of bayes the quantytie of a good apple, grind ye quick silver and it togeather uppon the stone and temper it still with woodbynde water, and soe grinde it untill the oyntmend doe looke very graye, then putt it in a box, and anoynte ye face therewith, every euening and morninge, for the space of 14 dayes, keeping ye selfe close in ye chamber all that time, and using the drinke following, one weeke before you applye the oyntment, all the time you doe applye it, and one weeke after, Take a quantitye of newe beare, and to euery tenn gallons, take halfe a pound of madder, stirr these well togeather, and putt them in a vessell, and when they be stale, drinke thereof both morning, and euening, and diuers times in a daye, these being used as is a foresaide, will by gods help heale, butt for a space of a fenight, ye face will looke worse then before, untill sutch time as the humor be killed, that is betwixt the flesh and the skinn. -

A Medicine for those that haue a flushing in there faces - and to cleare there faces of Wormes and sutch like thinge. - -

Take a greate handfull of peach flowers, and of wild daysie flowers, and of the whitest wilde tansey, of each of these the like quantitye, putt all those in a pewter bason, and putt there to a quart of new milke, from the cowe, then sett it within ye still, and when you haue stilled it, putt the water thereof into a glasse, and keep it for ye use - it will keepe good all the yeere, and when you haue occassion to use, take 4 or 5 spoonfulls thereof, and putt thereto of the clearest allome, as mutch as a great beane and wett there in a cloth: then wett the place, and laye the wett cloth uppon it when you goe to bed, and lett it lye att it all night, and in the morning, take of it wash all the face with the same water, without allome, and soe drye it with a cloth, Lett the partie doe this as they shall haue occassion, and it will healp them butt withall they must drinke a good draught of this water following, both in the morning fasting, and att foure of the clock in the afternoone, Take three pints of faire spring water, or of running water, and when it doth seeth, putt thereto a great crust of white bread, and when it hath boyled a good while, putt there to as mutch sugar as will make it pleasant, then take it off, and putt it in an earthen pott, couer it close and use it as afterward, this is good if the flushing proceed of heat in the liuer or lounges, but if it proceed of cold in the stomake, which doth commonly come of ouer mutch abstinence, soe as when warme meat cometh to the stomacke, it striueth and - caueth the flushing in the face, then lett the partye use after there meat, to eate continually a sopp of a toste, steeped in any kind of wine, then steepe ye toast in ale and when it is steepd, strowe uppon it the powder of ginger, synamon, and sugar and soe eate thereof presently after, ye meat, and it will healp you if it be taken att first, before it be gone to harr = - - - - - - - - - - - - - - - - -

For Kernalls aboute the Eares - - - - -

Take a quart of beare, a good handfull of redrose leaues, and boyle them alltogeather, till it comes to a pinte, then putt soe mutch of the crumes of course leauen, or ryebread there to, as will make itt fitt for a pultes, when it is allmoft boyled, putt there to two Spoonefulls of honey: Spread it uppon a cloth, and applye it warme to the place and renew it once or twice in twenty foure howers - - - - - - - - - - -

A Medicine for the Singing in the Eares - - - - -

Take barley flower, and bake a Loafe of it, and when you haue drawen it out of the Ouen - deuide it in the midest, and Strow uppon it the powder of nutt meggs, and as hott as you cann suffer it, hold it to y^r eares, and thus doe oftentimes and you shall find ease, it hath been aproued

Anoather medicine for the Singing in the Eares - - - - -

Take a quart of Sacke, and putt thereto an handfull of ground Iuye, and as mutch of penny royall, and lett them boyle well together, and as hott as you can suffer it, Lett the Steeme thereof goe into y^r eares, by a tunnell that will close couer the pott, use it in the morning and when you goe to bedd, and keep y^r selfe warme - - - - - - - - - - - - -

Anoather Medicine for the Same greife - - - - -

Take a great onyon, and cutt of a round peece of the crowne, make an hollow place within it and putt into it a little mythridate, a little old Sallett oyle, and a Spoonfull of aquauity and close it with the peece you cutt of the crowne, and ropp it in paper, and roft it in the embers, and when it is uery soft, take it out of the fier, and bruise it alltogeather and laye it in a cloth, and as hott as you cann suffer it, hold it to youre eare -

A Medicine for Deafnes that cometh with noyse in the Heade, - - -

Take oyle of Lillies, some 5 or 6: dropps, as mutch Strong angelico water, halfe as mutch oyle of bitter allmonds, beate these togeather untill it looke uery white, then make it somewhat warme, but not to hott, and dropp some 5 or 6 dropps into the eare, then take some blackwoll and dipp in the same, and tease the woll against the fier, untill it be warme, then Stop the eare with some of it, and laye some of the same woll on the topp of the eare, euery night to bedward, the quantytie of the oyle is thus small, because the oftner it is made it is of Stronger force

To Recover Hearinge La: Weston, - - - - -

Take thyme: rosemarye, bayes, cammomill, and Sage, of each an handfull, boyle them in water, untill the water be uery Stronge of the hearbes, then power the water, seething hott into a narrow mouth bottle, the pewter bottles haue the narrowest mouthes and putt a tunnell in to the mouth of the bottle, and lett it be held close to the eare that aketh this must bedone often - - - - - - - - - - - - - - - - - -

A medicine for those that are Deafe: and to recouer, hearinge

Take halfe a pinte of malmasey, and halfe an ounce of cloues, putt them into an earthen pott, and sett it uppon the embers, and lett it boyle leasureley, untill a quarter of it be consumed, awaye, then putt all togeather in a narrow mouthed bottle or cupp, and soe laye ye eare to the mouth of a tunnell, putt in to the same cupp that the steeme maye goe into ye eare, and couer ye head close with a sheet, but lett not the steame be to hott, this continue for the space of halfe an houer, att a time: use it this for the space of a seniight, both euening, and morning, and euery daye putt a little more malmasey to the cloues, and after the first time doe ~~o~~ butt make it of a sufficient warmeth, to cast a steame, fitt for ye taking: and after euery time that you doe take it, take of the liquor before sett downe, that is made with neats foot oyle and dropp of it into ye eare, with blackwoll, laying the wooll uppon ye eare in such sort as is formerley written, in the medicine for winde, in the head, and when you haue layd this to ye eare, haue a quilt made with black wooll, hauing felt on the out side to keepe out winde, and linnen cloth on the inner side keepe this close to ye eare, untill you haue eare waxe in ye eare, and lett those that will procure there hearing, take heede that they pick not there eares - - - - - - - -

A medicine to Drawe out an Impostume - - - - - that is Breade in the eare: - - - - -

Take a tost of ripe leauened bread, that is sharp of the leauen, lett it be somewhat thick tost it before the fier somewhat browne, on both sides, then cleaue it in the midest and take the thicker side, and wett the innerside of it in uinegre, and laye it to ye eare as hott as you cann, and soe lett lett it lye as hott as you cann for the space of 12 houers and in twice or thrice dressing, it will drawe out the bagg, and when it is come out, if it doe not breake of its selfe, then launce it, and when it is broken, make a tent of lint and dresse it with the oyntment of St Johns wort, and putt it into ye eare, then make a playster of the same oyntment, and laye it uppon ye eare, dresse it thus once in 24 howers, untill it be well, if you haue none of this oyntment, you may take any other soft salue, and dress it as with the other, butt keep ye eare warme that you take not cold after it -

A Medicine to Drawe an Eare wick out of ye eare - - - - -

Take a sweet apple and rost it in the fier, untill it be halfe rosted, then take of the softest of it, and spreade it very thick uppon a linnen cloth, and laye it to ye eare, as hott as you can suffer it, and lye uppon the same side, and when you doe feele it stir, you must lye very still, untill it be come to the apple, and then you must suddenly pluck it awaye, least the eare wick returne, into ye eare againe, and if you doe thinke there be any more laye a new plaister

A very good medicine for any Impostume in the Eares or head - - - - - and is good for the megrame. - - - - -

Take a pint of malmasey, and 4 or 5 tops of rosemary, and a spoonefull or two of comminseed, and boyle them all togeather, in the malmesey, and when they haue boyled a good while, that it is strong: putt it in a pott, that you maye couer close with a tunnell, putt the small end of the tunnell into the eare of the patient, and keep his head, and neck very warme, with a sheet and lett the breath of the medicine goe in att the eare, or both the eares, one after another, whielst the patient is doing thus, you maye laye of the hearbes and seeds, on the neck, being soe kept warme - -

The Lady Frenchards Eye Water for Rednes:

Take Fullers prepared Moos, Coppeless White Suger Candy of each ℥ij white vitr and red rose water, ℥iij Make the things into a fine powder, and put them into a strong glasse close stopped, setting it into the Sunne for a Month stirring it every day:

(Another from the Same Lady for a great Rednesse and inflamation of the Eyes:)

Take ℥j of Quinceeds, ℥ij of Crocus Metallorum, of Rose Water, Strawberry water, and Plantan of each six Spoonfulls, of Browne ffennell Water three Spoonfulls put all this into a glasse that will hold a Quart, and set it into a place where it may have a little heat of the fire, and shake it often when you speil it will fee Ayrynd and then put in 100 or 3 droppes into the Eye, and you must take a thinn Cloath lay 3 time double, and Wet it in the Water and lay it on the Eye, and when it is dry it must be wet agayne, and the Eye sound cop and keep Warme: (viz) both this Water to the Eye of the Woman, by the Lady's order and the Woman hath her Sight very clare agayne:

(Another receipt how to make Eye Water by Gerard:)

A Verye good: ponder to preserue the Eye Sight ... 1A:

Take bettony: rue: Celandine: Saxifrage: Louease: wild thyme: Annised: Synamin eybright, of each one handfull: graines: ginger: fennell, perfley: hyssop: wilde marjerome; pennyrogall, and pellitory of Spaine, of each one drame: Gallingale one ounce, of Sugar one ounce, make all these in to pouder, and eat of this euery daye with yt meat, it is incredible, what this will effect: yea though the sight be halfe perished—

A Medicine for any Sornes or Reume in the Eye. - - - - -

Take white henbane, and good English honey, of each a pretty quantity, beat and mingle them well togeather, Spread it on a cloth, or leather, and laye it to both the wrists for left it continue foure dayes, togeather, and if it healp not, applye the like for foure dayes, and with gods healp it will perfectly cure - - - - - - - - - - - -

For the Eyes that be Sore - - - - -

Take daysie rootes, and leaues, pound them, take the Juice thereof, and running water, and boyle it in the shell of a new layd egg, and breake not the creame of the egg, in the bottome and when it is well boyled, wash yt eyes there with, and it will cleare the Sight —

A Water for the Humors that falls into the Eyes: - - - - -

Take redfenell, daysies rootes, and leaues, pound them togeather, Straine them with a Spoon full or two of uerye cleare water, putt into the shell of a new layd egg, not breaking the creame, that lyeth in the bottomme of the shell, and fett it on a chafing Dish of embers Soe that it maye boyle modearately, putting there into as mutch white copperas as a good white pease, and with the topp of a cleane feather, take anaye the scumm that riseth on the topp of it, and when it hath boyled one part anaye, take itt off and straine it through a fine cloth, and keepe it in a Viall, and wash yt eye therewith twice or thrice adaye, when you wash lye upright, that the water may fall into yt Eyes—

A Drinke to help the Pin and Webb in the Eye - - - - -

Take a good handfull of balme, and a good Spoonefull or two of lobis, otherwise cated woodlice that lye betweene the tree and the rined, Stamp them to geather, and straine them with a pint of good ale, or beare, and Drinke thereof morning, and euening fiue or six dayes, this is for all especially young children: and to this affect in youngchildren, which have Sutch Webbs in there eys, it is good besides the foresaid Drinke, to add this Emplayster, take euery night when the childe goeth to bedd, a little peece of the Lights of a sheepe, parboyle it a little, laye it warme and dry: att the childes nape of the head, and bind it fast and in the morning, take it anaye and wipe (it well

For a Pinn and Webb In the Eye: to be applyed - - - to the contrary wrist and to be shifted euery 24 howers - - and will cure in three applications or dressinges - - -

Take hemploche, and Veruine, of each alike quantitye, beate them well in a morter, putt to it a peece of rye leauen, a little baye Salt, made into fine ponder, and some wine, vinegre mixe all togeather, and applye it to the wrest: in or betweene a thinn cloth as a boue - -

probatum

Anoather Medicine for Rednnes in the Eyes - -

In maye take new milke, lett it not Stand to creame, but put it into ye Still, before it be colde, and when you haue drawne the water, lett it in the Sunn 10: or 12 dayes then putt to euery pint of water, as mutch campheere as a wallnutt, If there be any heat in the Eyes use it colde, otherwise lett it be blood warme - - -

A Medicine for one that hath a Stripe - - - - - In the eye, or Bruise in the face - - - - -

Take the papp: of a black soft rotten apple, the yealke of an Egg, and halfe a Spoonefull of good Sallett oyle, or oyle of roses, and putt to it a spoonefull of redrose water, then with a spoone Stirr them, and beat them well togeather add thereto Soe many crumms of manchett, as will make it thick, to Spread uppon a cloth, like Salue, then lett the patient winck hard, and laye the playster on the outside of the eye lidd, and if the bruise be uppon the face aplye it to ye place -

A Medicine for a pin and Webb: or any - - - - - Sutch like Infirmitie in the eye, - - - - -

Take 16 or 20 Sluggs, and wash them in good ale, many times, till they be cleane and then bruise them with a litle ale, in a pottenger, with the back of a Spoone till they be allmost consumed, and then lett it runn through a Strainer, and giue it to the patient to drinke, morning fasting, and if it be a Child, that is the patient then a dozen sluggs will Serue att a time probatum est - - - - - - - - - - -

A Medicine to comfort the Sight - - - - -

Take the leaues of eyebright, and make them into fine powder, searsed, take of this powder, as mutch as will lye on a sixpence, in a keare egg, or broth, or drinke, use it fasting, in the morning, allsoe the conserue of the flowers and leaues mingled with fennell seeds, or with Sweet marjoram, taken last att night, or presently upon meat to close the Stomacke, to the quantity of a nuttmegg: doth comfort the Sight, and the heard, likewise. brued: upp with ale or beare: hath the Same effect

A Medicine to Cleanse a Sore Eye, that is - - - - - all couered with: blood like: a Jelley - - - - -

Take an egg, and rost it very hard, then take Sutch a quantitye of yealke, thereof as you thinke conuenient, and bruiseing it with ye fingers, put it into a cleane peece of lawne, that is washed from the Sope, and laye it to the eye, and if you open the eye, laye it close there to, change it once in 24 houres, till the filme of the the blood be consumed, that Soe you maye the better discerne the disease of the eye

A Medicine for Sore Eyes: - - - - - -

Take pearle worte: Stamp and Straine it, and mingle the Juice thereof, with Woemans milke, and white Sugar candy, powdered, and Soe dropp it into the eye, take allsoe Ribb wort: and if it be needfull to wash it, lett it be well dryed from the water, and Stampe and Straine it, and dropp a good dropp there of 2 or 3 times in the daye into the eye This of Ribb wort, is good for any beast or Cattle allsoe that haue Sore Eyes - - - -

Anoather Drinke to Cleare the Sight - - - - - 12

Take a good handfull of pimpernells, three great Spoonfulls of woodlice -- otherwise caled Lowes, Stampe these togeather, and Straine it, with a pint of ale, keepe it for yr use, and drinke this att two draughts, in the morning - and att foure of the clocke in the afternoone, use this for one whole weeke, making new drinke for euery daye, and att the Weekes end, leaue it off for the Space of an other weeke, and then if you feele yr Selfe not well, use it againe, for another weeke, and this doe as long as you shall haue neede, but use it not two weekes together, nor when the Signe is in the head, This Drinke shall consume the Catho ricke in the eye, or any other greife with in the ball of the eye, you shaull know the Catoricke by this, it dimmeth the Sight att the begining, the eye looking very faire, the blacke of the eye soone after will wax greater and greater - and some of them will rise like a blacke pearle, in the blacke of the eye, and there is noe water will help them, nor any thing else except these drinkes doe healp --

A Playster to be applyed to the Temples - - - - - For to Staye the Humors that feed the - - - - Catoricke and is to be applyed: when: these: drinkes: are: in taking

Take a quantity of bettany leaues, and chopp them verie small, mingle it with the yealke of an egg, and a little honey, and putt as mutch wheaten flower to it, as will make it stiff to spread on a cloth, then cutt three little playsters of Holland: or lolleram, that is new, and spread this uppon them somwhat thick, and laye: on each temple one, and the third in the middest of the browe, euen with the - lower part of the browe, and when these playsters doe fall of, laye a new: uppon and not before, and eat three or foure times in the daye of conserues of bettany - for it is good for that greife - - - - - - - - - - - - - - - - -

A Speciall good water for the Eyes - - - - -

Take of alloes Surketine, the quantitye of a wallnutt, shrid it small, and put it in to halfe a pint of red rose water, in a Viol glasse, and lett it distill uppon the ember welfe houres, when it is cold, dropp it often into youre Eyes - - - - -

A Medicine for Sore Eyes - - - - -

Take three leaue grasse, with white Speckles, and wild daysie rootes, beat them a little, and boyle them in faire water, till they haue lost there colour, then putt in soe mutch: allome, as will make it taste rough upon yr tongue, and as mutch home, as will make it somewhat sweet: after Straine it, and there wth dress yr eys morning and euening

A Medicine for redness in the Eyes - - - - -

Take a queene apple, and chopp it very small, the like quantitye of grated manchett and a little Sother wood, bruised, boyle all these together in faire running water untill it be soe thick that it maye spread uppon a playster, and when you goe to bed winck and apply it to the Eye - - - - - - - - - - - - - - - - - - -

A Speciall Good Water for the Clearing of the Eye: and to preserue the Sight ! - - - - - - 11

Take one handfull of redfenell, and as mutch of Talendine, the like quantitye of Sorrell, as as mutch Heard grasse, and two good Spoonefulls of eye bright, and the like quantity of Houslick, and three handfulls of red rose leaus, and as mutch of white rose leaues, and the like quantity of woodbinde, Flowers, and as mutch of white flowers of the three leaued grasse, and putt all those together and still them, and put the water in a glasse, and keepe it for ye eye, this water is allsoe good, for the pin and webb in the eye: if it be taken att the first begining of it, and used as followeth, Take foure Spoonfulls of the water, and putt there in a peece of Allome, as bigg as a great pease, and soe dropp it out of the Spoone into y^r^ eys, euening, and morning, this water is likwise good for the Rheume in y^r^ Eys / -

A Medicine to eate out Proude flesh: - - - - - Growing within the Couer of the Eye: - - - - -

Take of the hardest of the Honey and mingle it with a little Saffron, and dropp a little of it, att night when you goe to bed, uppon the place greeued, and lett not the party shut his eye to close, for squeasing it out, and lett him in the morning, and twice or thrice in the daye, dropp of the water that is first written, into the eye, dropping three or foure dropps att a time, staying and closing his eye only a little space, betwixt euery dropp - - - - - - -

Another Medicine to take awaye the Pin and Webb: in the Eye or a in the Eye growing: from the corner: of: the Eye to the blacke And is like a Little gutt: - - - - - - - -

Take of fine white sugar, as mutch as a wallnutt, and a peece of Sanquis draconis as bigg as a beane, and beat them together, very fine, and searse it through a peece of lane, and putt a little of this powder into y^r^ eye, euening and morning and att midday, and slumber a little after, and by gods help it shall cure you -

A Medicine for a burne in the eye: by fier or Gunpowder - - - - - -

Take halfe a handfull of ale house, and wash them cleane, drye them in a cloth, stamp: them and putt thereto, three spoonefulls of thick and sweet creame, stamp them together, and straine them, and drop of the Liquor into ye eye, often times both by day and night, and anoynt of the same about ye eye, with a feather, this must be made euery day in the summer and euery two dayes in the winter. - - - - - - - - - - - - - - - - - - -

A Drinke to Cleare the Sight - - - - - -

Take an handfull of rosemary, and a great handfull of balme, stamp them together and straine them with a quart of ale, and drinke of it in the morning fasting, and three of the clock: in the afternoone, and att night going to bed, and you shall find ease, This drinke doth consume the Vapors, that coming from the braine, doth hurt the

(Sight

A Medicine for the Bruise in the Eye - - - - -

Take the white of one newlayd egg, and beat it very well, till all be of a froth then putt there to, two Spoonefulls of red rose water, and make little balls of flax, and wett them in the aforsaid liquor, and shift it morning, and - euening, and if the humors come mutch to the Eys, take the white of one egg being beaten, and putt it into a good quantitye of bolearmanack, and laye it to the forhead uppon a Linnen Cloth; this will keepe ye humors from comming downe

A Medicine for Rednes in the Eyes: - - - - - the which: proceed: onlye of hott humers - - - - -

Take a newlayd egg, and breake a Small hole in the topp of it, then putt out all the meat, and fill it full of the Juice of hounglick, otherwise caled Selgreene and soe sett it in the embers, when it doth boyle, Skume it untill it be cleane and cleare, then putt into it as mutch white copperas, as a great barly corne and soe lett it boyle, untill the copperas be moulten, then Straine it through a cleane cloth, and putt it into a glasse, and when you doe use it, keepe ye eye close with a peece of Silke, you must take it when you goe to bed, and one houre: befor you arise, if you putt in ye copperas, before the water be cleane it will make the water to looke black, butt it will be medicinable Notwithstanding -

A very good Medicine to comfort a Weake Eye: or to: - - Healeth those: that haue had the Small Pox or Measells in there Eys - -

Take a newlayd egg, and rost it faire, and hard, in the fier, then pill it cleane, and as hott as you can cutt it in Sunder, and take out the yealke, with great Speede fill upp the holes where the yealke was, with the powder of white Sugarcandy finelly beaten, and soe clapp the two Sides together, the hotter they be the better then putt them into a fine cloth, of Linnen, and tie the cloth close about it putting the Egg in the Midest of the cloth, and hang it up by the ends, and lett it dropp into a Sawcer, as allmond butter doth, untill it will dropp noe longer, then take the water, and putt itt in a glasse, and use it euening - and morning when you haue ocasion - - - - - - - - - - - - -

A Medicine for redness: of the Eyes Without Paine - - - -

Take peeces of fine manchett bread, of an Inch thick, being the breadth of ye eye or bigger, and cutt holes, in the midst of them, then drye them before the fier but make them not browne, put them in faire running water, and when they be soft, laye them uppon ye Eyes, the hollow side being towards ye eye, and after it hath Lyen an houre, bind them fast to ye eys, with a - cloth, this must be done, when you goe to bed, and in the morning, wash ye eys with faire water, and lye Still an houre after - - - - - -

A Medicine for a Pinn: and: webb: or: any: other: Sore Eye

Take one handfull of threeleaue grasse, that is most spotted, with white - gather it close to the root as mutch of wild daysie rootes, Stamp them all in a wooden dish, and boyle them in one pint of water, in a cleane brasse Skillet with auery Soft fier, when it is Seaumned put in soe mutch allome as will make the water tast rough, on ye Tooung, after put in soe mutch Home, as will make it looke yellow, and tast uery Sweet, when it hath boyled a pretty while, and is cleane Skummed, Straine it into a cleare uessell, and when it is cold, power the clearest into a glasse, and keepe it in a cold place, and it will last three wrekes in winter, and 14 dayes in Summer, the water is to be aplyed to the Eyes, one houre before they rise, and when they goe to bed: if the eye be uery Sore, dresse it att two of the clock in the afternoone, and Sleep after if they cann

A Powder to take: awaye the Pearle in the Eye - - - -

Take the whitest of hens doung, that you can gett, and drye it, and beat it into fine powder, and Searse it through lane, and to one Spoonfull of that powder, take three Spoonefulls of Sugerer candy fineley beaten, and as mutch powder of the best ginger, as will lye on a groat then searse them all together in a peece of fine: cleane Lawne and att night putt into the Eye a little of the powder, and in the morning use the water before written, only keep ye powder uery drye, and it will last Long and this is allsoe uery good for any kind of Scales that groweth uppon the Eye

A Medicine to Staye the humors from falling - - - - - To the Eyes: and good for the Megreme,! - - - - -

Take one handfull of wild daisye rootes, and wash: and drye them in a cleane cloth then shred them, and take a dozen great earth woormes, and Stampe them well toogether, putt to all this as mutch as a pretty apple, of sharpe leauen, beat all well together, and mingle all with the white of an Egg and Spread it uppon a Duble linnen cloth, soe large as the fore head is, that it maye come euen to the browes, and couer the temples, lett the party lye on his back, one houre after the medicine is layd on, after bind it with a kercheefe, and soe lett it lye till it be all loose of it selfe, when you use this medicine, make a bagg of drye Sage, soe longe as will couer from the mould of the head, to the Nape of the neck and take a pretty quantity of greeke pitch, and melt it alone, in a little earthen pott, and Spread it with a flatt Stick uppon the flesh Side, of the best glouers Leather, and cutt ye playster soe large soe large, as it maye lye betweene the shoulders, and upp towards the nape of the neck, and lett it lye soe longe as it cleaueth: Itt is uery good for the patient to forbeare mutch butter, or any thing where in garlick, Onyons, or any Leekes be used - - - - - -

A Gargle good for the Rhewme.....

Take halfe a Spoonefull of Mustardseed, of long pepper, of Pellitory of Spaine, and Stave acre, of each twopenny weight, and one Spoonfull of Honey, with three Spoonfulls of Vinegree, boyle them in a pint of water till halfe be consumed, then strayne it, and take for 2 or 3 mornings halfe a Spoonefull att once, Somwhat warme, in ye mouth, but lett it not goe downe, this will cause exceeding a voydance of the Rhewme...

A Medicine for the Paine In the Head.....

Take the Herb: Diall, or alewort, or therewise cald ground Ivye, laye it to the crowne of the head, and towards the neck, and it will give ease and help the paine in the Head - - - - - - - - - - - - - - -

A Comfortable medicine for Paine In the Head.....

Make a little Small roule of fine lawne, and wett it in good rose water, dipp the topp of it in the ponder of nutmegg, finely Searsed, or beaten, and put it in both ye nostrills, but not to high and it will give Ease - - - -

For the falling of the Vuola.....

Take of the ponder of the root of pellitory of Spaine, finely beaten, or Searsed and of the ponder of ginger, and rubb the place there with: and it will cause it to goe upp. -

A most excellent medecine, aproued, against an old greife or paine In the Head.....

Take of baye Salt, Stamped by it Selfe, as mutch comming Seed Stamped by it Selfe, as mutch browne Serell, then Stampe them alltogeather, then with as mutch pure uinegar, and a Little roese water, mix, and Stirr them alltogeather, in a dish ouer a chafing dish of hott coales, then Laye Some of the Same, hott on a cloth, and applye it, to the hinder parte of the head att night, and tye it fast thereto, that it fall not awaye, and allsoe Laye another plaister, thereto the next night and Soe doe nine nights togeather, one after an other, and it will not only healp the Same, perhaps within three or foure times Soe doing, but allsoe it will cleare the Sight, and driue the yeoumors, cleare awaye, that run out of the head into the eyes, and drye the Same, this medecine neuer failes for it is pretious -

A Medicine to Put upp the Uuola - - - - -

Make a fier Shouell very hott on the fier, and laye there on a pretty quantitye of rice, and white Salt, and when it is very drye, make it into powder, and mingle it well togeather, and there with all putt upp the Uuola, The hearbe called Dial, or ailehoofes, or ground Iuye being layde to the Crowne of the head, and towards the neck is very good for that disease, and will Staye the Rhewme - - - - - -

A Medicine For the Stopping of the Neade - - - - -

Take a quart of new milke, a handfull of cammomile, flowers, as mutch of red rose leaues, a little quantity of Sage, and as mutch of rosmary, and a nuttmegg grated, boyle all to a pint, and take the Steeme: and keepe ye head warme

A Medicine for the Megreem - - - - -

Take a handfull of field daysies, leaues and all to the roots, twenty great woormes, of the earth, Stampe them togeather, Small, add there unto the quantytie of an apple of the Soverest leauen, Stampe it with the other untill it be like dough, then putt in the white of an egg, mingle it with the other, and Soe spread it on a Cloth, and laye it all ouer the forehead downes to the browes and temples, neuer Stir it untill it fall off in each place of it Selfe

A Medicine for the falling of the Uuola - - - - -

Take a pretty quantitye of wheaten leauen, and make two little cakes, there of, Bake them uppon a brick, or an hearth, that they only may be through warme, and then strowe uppon them the powder of white amber, and applye one cake to the mouth of the head and the other to the napp of the neck through warme and no more

To Make very good Balls to Staye the Rhewme - - - - -

Take foure ounces of Liquoress Scraped and finely searsed, 5 or 6 handfulls of the topps of Hop, 4 handfulls of foale foote, and a good, handfull of rosemarye, Stamp all these hearbes in a stone morter, Straine them with halfe a pint of Hop water, or faire water, then beate the whites of two or three Eggs, and when the Skumme is well boyled up, then Scumme it cleane, and clarifie it twice with the whites of Eggs, Then put to it 3 or 4 ounces of red Sugarcandy and when that is moulten and Skummed Straine ye liquor, and then through in ye Liquorisse, and Stir it continually, for it will be apt to burne, if great heed be not taken, and when it is Soe mutch boyled as the whole masse will Stir with the Staff from the pannes bottome, then make it upp in round balls or in what fashion you please, you must keepe it neare the fier for it will be apt to growe soft, a very Smale quantitye will Staye the Tickling Rhewme —

Another Medicine for the Same Greefe - - -
To be used Presently after you haue the former - - -

Take a spoonfull of neats foot oyle, and as mutch of malmesey, or of white wine, put these into a sawcer, and lett them boyle on the coales and when it doth boyle, Putt there to the ponder of halfe a nutmegg and lett it boyle, untill it be somewhat thick, then take black wooll and wett it in the liquor, and dropp it into ye eare, and lyi uppon the contrary side, for the space of halfe an houre, after, that the liquor maye sinck into ye head, lett the liquor be luki warmi and after the dropping, Stop the wooll lightly into ye eare, and lett the wooll lye bound to ye eare, from one dressing to another and keep ye eare very warme this doe euening and Morning - - - - - - - -

A Medicine for the Falling of the Vuula - - - - -

Take a peece of fine lynnen cloth, cutt it round as bigg as the mould of the Head, laye fine flax all ouer it, not very thick, then take Nigella, romana nutt meggs, and commin, and beat them all togeather, to powder, and laye of that powder all ouer the flax as before, then taki baye salt and drye it as dryi as you cann, and beat it into small ponder and laye it all ouer upon ye flax, cutt a round peece of cloth as before, and quilt all these, together that the ponder runn not abroade, giuing a speciall marke to that side the salt is on. laye this quilt to the mould of the Head, very hott, the salt side uppermost from the head, and when it waxeth moyst, uppon the head, as it will dryi the same onn a dish uppon a chafing dish of of coales, applying the same as often as you haue cause, - - - - - - -

A Gargle for a Sore Throate - - - - -

Take a quart of Spring water, lett it boyle, a Little on the fier, then take of Syndquefoile, of cullenbinde, of plantaine, of Hony Suckle, leaues, of each an handfull, Fiue figgs cutt in peeces, halfe an ounce of Quince seeds, if it be a cold reume lett there be a Little Sage, or else not, when it is halfe boyled putt to it as mutch clarified honey as will somwhat alter the coulor of it, when it hath boyled, a little together; take it upp, and straine it, Then take of it euenning and morning, or otherwise, as they shall see cause, being gargled somwhatt Hott - -

A Medicine to Cleanse the Braine: and to Healp: those that haue a Stinking ayre att there noses and to: Cleanse the lunges of Sutch grosse Heumores as are Distilled Downe from the Putrified Head.....

Take a good quantytie of rosemary: leaues, and chew them: lightlye in yr mouth, that the ayre maye ascend into yr head, and as you this, hold downe yr head, and voyd the humors as they doe fall out of yr mouth doe this for the space of halfe an houre, att a time, chaunging the leaues as you shall see occasion, doe this in the morning fasting; and two hours before you go: to Supper, and att euery time after you haue taken this eate presently: the quantitye of two wallnuts of this receit following, Take a good quantyti: of peny royall, shreed it very Small mingle it with the best honey, and beat them together untill they be like a conserue, then keepe it for yr use, and eat of it as is aforesaid: doe you this as you shall find occasion, and when you haue made an end of these you must haue tents to put up into yr nose, to open the conduets and to drawe downe the corrupt matter that offended you, make yr tents of fine linnen Cloth, small att the upper end, wett these tents in the Juice of primrose leaues, and a little clarified butter to make them to slipp: put these upp into yr nose and lett them staye there a pretty while, then take them out and wett them againe in the Juice only, and put them in as before, this doe for the space of half an houre, att a time, use this for a good space, and it will healp you If God Please.....

A Medicine for those that are troubled With windo in there Heades

Take a peece of sharpe leauen dough, as bigg as an apple, put thereto halfe an ounce of comminseed, finely beaten, worke it upp in the dough, and make it in a little loafe, then bake it uppon the hearth and when it is well baked, open the loafe, and moysten the crumme a little, Either with malmese, or aquauite, then take two prettye peeces of the crumme and putt them betweene the foldes of a linnen cloth and soe fasten them somwhat warme to yr Eares and Lett them Lye there for the space of twelfue Houres and then Laye new This doe fiue or six times and keep yr Eares and yr head very warme both att the time and after and it will help if god Will-

A Medicine for those that cannot Sleepe.....

Take a Spoonefull of the Juce of Houseleek, as mutch of Woomans Milke the like quantity of Redrosewater, a little good wine winegre, and a little of the ogle or ogntment of red roses, warme all these together uppon a chaffingdish of coales, then cutt three peeces of a red rose cake and laye them in the liquor, laying the upperside of the cake downewards in the dish and when they be warme, laye two of them to yr temples, and the third in the middest of yr fore head: even with the lower part of yr browes, and soe bind them on and they will procure yr Sleepe if God. Please.....

Another Medicine to Procure Sleepe.....

Take of white Lettice Seed one ounce, and beat it in a morter, with a quantity of good white Suger, untill it doth come to a moyst: consetue, and if you can gett it put thereto halfe a Spoonefull of diacodium, then temper them togeather and keepe them soe for yr use, and when you doe take of itt take a good quantitie at a time and a pretty while after drinke a draught of posset ale, this done dispose yr selfe to rest and you Shall Sleepe if god please —

Another Medicine to Procure Sleepe.....

Take of white poppy Seed one Spoonefull, beat it to powder then put thereto a little posset all made with violetts Strawberry leaues and Lynk foyle drinke there of warme and it will procure you to Sleep.....

A Medicine for the Paine in the Head.....
That cometh of cold Humors.....

Take of cammomill, rosmary, and Sage, of each alike quantytie, drye them well, then putt them within the fold of an hankercher, and laye it soe as it maye come round yr head, then bind it fast, and lett it lye a Daye and a night, and you shall find Ease, lett those that are troubled with cold in there heads, take of the oyntment of Lauender: and anoynte there with there temples, about there Eares, the napp of there Neck and there Noddle, or any other place of there head, where cold is felt..

Mrs Hussoys Fistula Water:

Take of white Copprey and Roch allum of each a pound, Boat, mix and boyle, in a flat bottomd pann till tis all fixt, boat it agayne, put it into paper cutlages for yse: put a spoonfull of this powder, into 3 pints of Water boylding hot, Cover it, for a fowle Sore and violent humour make it Stronger, if too Strong Weaken it with common or Plantan water it Cures all Sores Sore Eyes Itch &c:

Anoather laye of Sage, and flaxx, ouer all, as you did att first, and soe
bast it betweene two folds of linnen cloth, being made fitt to couer
yr head from the mould unto the nape, Ayre it well ouer frank-
ensence, and laye it to yr head, when you goe to bedd, and Sett
itt euery daye where you maye haue ye ayre of the fier, and thus
use soe long as you shall find ouasion, this will continue good
fiue or six weeks, it must be ayred ouer frankensence, euery time
you laye it to yr head - - - - - - - - - - - - - - - - - -

The caube whereof many of the Paines of the head: - - -
Doe proceed how you shall know these Paines and the - - -
Remedyes for them: - - - - -

One of the principall causes whereof many of the paines of the
head doe proceed, is by openning of the head, The which doth happen
commonly by one of these three meanes, By ouer match moysture
being about the braine, by a sudden Jump or fall, Or by Vehement
riding or Sutch like, The meanes wherby you shall know when yr
head is open, is this, bowe downe the end of yr thum, and if you
cannot receaue the Space that is betwixt the two Joynts, betweene yr teeth
the upper Joynt being towards yr upper teeth, and the lower Joynt
to yr lower teeth, then yr head is oppened, If by the paine you haue
and by this Exsperiment you doe find yr head to be open, then doe
you thus, leane yr Selfe uppon yr Elbowes with yr head somewhat low
ouer a table putting yr face betweene yr hands, setting yr thums under
ye great Kullbone, that is behind yr Eares, yr fingers reaching up towards
the mould of yr head, gather yr face into yr hands, leaning somwhat hard
and Squeesing yr face and the temples of yr head togeather; lett yr fingers
meet aboue yr head, and thus continue for the Space of halfe an oure, att
a time, using thus to doe often, soe long as you shall find ouasion
you shall know when yr head is closed, as by yr Thum, aforesaid
and as you doe thus to close yr head annoyt yr temples about
about the Eares, and the noddle of yr head, and soe downe to the napp
of yr neck, wth the oyntment of lauender, or with the oyntment for
the palsey, you shall find these oyntments hearafter in this Booke
amongst the rest of the oyntments, and with all when you doe use
these oyntments as is aforesaid, you must take a quart of milke from
the cow, putt there to a handfull of Balme, Either greene or dryed
and as mutch of rosemary, boyle all these togeather ouer a soft fier
and when they doe boyle, putt there to a little of nutmegg, being grated
and take it off the fier, and putt it alltogether in a close pott, and
drinke of it, as hott as you can, houlding it in yr mouth, that the
ayre maye ascend into yr head, you must Drinke a quart of it euery
daye, but if you cannot gatt of these oyntments take the milke allone
being used as is aforesaid, and holding yr head as is before sett downe, and
it will healp you if god be pleased - - - - - - - - - - - - - - -

A Gargas or Medicine for the Megreene in the Head.

Take Sage, rosemary, and of pellitory of Spaine, the rootes of each of these, a like quantitie, and boyle them in a pint of vinegree upon a Chafing dish of coales, untill halfe be consumed, then: put in two good Spoonfulls of mustard, being made with good vinegre and soe lett it boyle a while, and then take a little of it as hott as you can suffer, and hold it in youre mouth, as you shall feele ouasion after a while spitt it out, and take more, and this doe 5 or 6 times every morning, soe long as you shall see cause or feele youre selfe greeued

A Plaister for the same greefe to be applied after you haue taken ye Gargas

Take six Spoonfulls of the gaule of an oxe, or cow, Putt thereto: two Spoonfulls of the ponder of long wormes, of the earth, and of the ponder of halfe a nutmegg, being grated, boyle all these togeither upon a Chafeing dish of coales, untill it be soe thick as you may spread it upon a cloth, then take a duble linnen cloth, and cutt it fitt for yr forehead, and as it maye couer the temples, spread this upon it and laye it to youre forehead, luke warme, and lett it lye untill it fall off of it selfe, you shall know the meagream, by this, it lyeth in the one side of your head, or in the browes, or in the nodd of your head

A Medicine for the Paine in the Heade: that cometh with a Burning Feauor:

Take an ounce of Comin, and beat it into powder, mingle it with the whites of two new layd Eggs, spread it betwixt two foldes of browne paper, and make it fitt to couer from the midest of youre forehead unto the crowne of youre head, with a kercher, and lett it lye soe 24 houers, and it will help if God will

Anoather Medicine for the Same Greefe.

Take a new layd Egg, and roast it very hard, and cleaue it into two, take out the yeelke, and fill the hollow places, with the ponder of commin Seed, putt them beetweene two foldes of a handkercher, and laye it to the nape of yr neeke, make it fast, and lett it lye all night, doe this as oft as you shall haue need, and God willing, you shall find Ease

To Make a guilt to Staye the rume of what kind soe Euer it be

Take two good handfulls of Sage, made very drye, then take a Small handfull of baye Salt, dryed very well, and as mutch of very course wheaten brann, in like maner dryed, then take flax spread it thin, couer it ouer wth some of yr Sage then couer yr Sage then couer yr Sage wth Salt and brann Mingled togeather then make

a

Receiptes propperly belonging to Phisicke.

60 Graines makes one Dragme } Twenty grains makes a Scruple
08 Dragmes makes one Ounce } & three Scruples makes a Dram
12 Ounces makes one pounde

Take of Sirkory Water a quarter of a pinte; of white wine a muth, of Rubarbe a quarter of an ounce, of agaricke a dragme, of senarke 3 dragmes, of Lignum Aloes; mace & synamon, of each a mace of 2 pence; slit ye Rubarbe, & Agoritke small: bruise ye rest but not ye senarke, & put ym in a Pipkin over ye Embers all ye night close stopped ye strain it into a Dishe: & make it Hot on a Chafing dishe of Coales; for yt it may not boile; ye dissolue in it an ounce of Manna & strain it

A Receipte to sweeten ye Blode

Take 2 ounses of Sirkorishe bruised & put it into a stone Bottell, & put to it 2 quartes of springe Water well boiled, & stope it close & set it all by a fire: yt it may keepe warme ye open it & set it in a Cooll place & keepe it for use, & drinke a good draught in a morning, mixed with new milke; hot from ye Cowe, halfe milke & ye other parte water

At ye new of ye moone take a shilling worthe of safferon & infuse in it a quarte of white Wine & drinke in it a little slired nutmeg, in it & a wine glass will bee enoug at a time

A purge

Take an ounce of Jallup & put it into to quartes of Brandy boile it til it comes to one with a quarter of an ounce of Ginger in powder give of this to a Man 4 spoonefuls this is good for all watrish Humours

Hinders clixer it is a very good purge for man Woman or Childe giving to a man 4 spoonefuls He neede not keepe Chamber

Horse Medicines.

Mr Mascys Horse Purge

℞ Aloes, Succot. an ounce & Quarter
London Treacle an Ounce, Creme of Tartar 2 Drams
Syrup of Roses 3 ounces
Stir ye Horse well ye Day before

For Cleansing a Horse Stomack & Clearing His Coat

Take 3 ounces of Spanish Ball, Infuse it in a Pint of Spring Water 'till half be wasted. then put into it half an Ounce of ye Oil of Sweet Almonds. give it in a Small quantity of Strong Ale 2 or 3 Mornings together. walk him moderately after it.

For a Cold.

Take Anis Seeds 4 ounces. Liquoris 4 ounces, Elicompane 2 Ounces all in fine Powder, a good Spoonful of flower of Brimstone Make it up wth clarified Hony

Balls to Carry of Grease

Liquorice, Anis seeds, & Sugar Candy of each an ounce Sulphur half an Ounce made into Bals, when ye Ride him hard give him a Ball about ye bigness of a large Walnut

To Stay a Horse Runing at ye Heels & healing them

Take an ounce of white Coperus boyle it in a quart of Spring Water, till it comes to a Pint, wash ye horse heels wth it 5 or 6 times a day.

Cat: Webbe her Book